



TENNIS WITH ERIK & JENNIFER

Effective February 1, 2019
360.692.8075

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Drills with Jennifer 10:30-12:00 **Drop in**	Dynamic Doubles with Jennifer 10:30-12:00pm **Drop in**	Drills with Jennifer 10:30-12:00 **Drop in**		
	Cardio Plus with Jennifer 12:00-1:00pm **Drop in**				Cardio Plus with Jennifer 12:00-1:00pm **Drop in**	
					Volley Mastery with Jennifer 1:00-2:00pm **Drop in**	
	Elite Junior Drills 2:30-4:00pm **Drop in**	Elite Junior Drills 2:30-4:00pm **Drop in**	Elite Junior Drills 2:30-4:00pm **Drop in**	Elite Junior Drills 2:30-4:00pm **Drop in**		
Drill Rates		Private Lesson Rates		Semi-Private Lesson Rates		
Member	Non-Member	Member	Non-Member	Member	Non-Member	
1 HR-\$17	1 HR-\$27	½ HR-\$34	½ HR-\$44	1 HR-\$27pp (2 players)	1 HR-\$37pp (2 players)	
1.5 HR-\$22	1.5 HR-\$32	1 HR-\$53	1 HR-\$63	1 HR-\$20pp (3 players)	1 HR-\$30pp (3 players)	
2 HR-\$26	2 HR-\$36	1.5 HR-\$71	1.5 HR-\$81	1 HR-\$17pp (4 or more)	1 HR-\$27pp (4 or more)	
				1.5 HR-\$37pp (2 players)	1.5 HR-\$47pp (2 players)	
				1.5 HR-\$27pp (3 players)	1.5 HR-\$37pp (3 players)	
				1.5 HR-\$22pp (4 or more)	1.5 HR-\$32pp (4 or more)	

****PRICES BEFORE TAXES****

Erik and Jennifer have a wide variety of times available for private and semi-private lessons. Contact the Front Desk and your information will be given to Erik or Jennifer to call you and schedule an appointment.

NON-MEMBERS MUST PAY AT THE DESK BEFORE PARTICIPATING IN ANY ACTIVITY!

CLASS DESCRIPTIONS ON THE BACK!

CLASS DESCRIPTIONS

ELITE JUNIOR DRILLS WITH ERIK

USTA tournament level players. Varsity level High School players.
Open to high level adult players.

CARDIO PLUS WITH JENNIFER

Great for all levels of play. Cardio Plus is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate full body burning aerobic workout. Practice every shot in the game and finish with fun, fast paced game-based drills.

VOLLEY MASTERY WITH JENNIFER

Intermediate Players/USTA 3.0 to 3.5+ or Pro Approval

Gain a huge advantage over your opponents! This class will allow you to be able to serve and volley, return and volley and play those tricky half volleys cool and calmly. Step by step progressions to build a fundamentally sound forehand and backhand volley from the ground up. Erase and re-write those old habits and learn from a four time Gold Ball winning National Mixed Doubles Champion.

DYNAMIC DOUBLES WITH JENNIFER

Intermediate Players/USTA 3.0 to 3.5+ or Pro Approval

Improve your doubles play fast! Have you ever felt stuck back behind the baseline after serving or returning and unsuccessfully trying to avoid the net player in front of you, trying to make something happen at the net but getting lobbed over instead? It is a helpless feeling and nothing is worse than knowing that you are letting your partner down. Learn to communicate effectively, build skills and improve strategy and positioning that the best players in the game use to win championships.