



# TENNIS WITH JENNIFER

September 8, 2020  
360.692.8075

**DURING COVID 19 PHASE 2 THERE IS A LIMIT OF 6 PEOPLE PER CLASS. CALL 2 DAYS IN ADVANCE TO RESERVE A SPOT.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cardio Tennis 8:00-8:45am (free)			The Serve Clinic 9:00-9:30am	
		High Intensity Tennis (H.I.T.) 3.5+ 9:00-10:30am		Dynamite Doubles 9:30-11:00am 3.0+	High Intensity Tennis (H.I.T.) 3.5+ 9:30-11:00am	
	The Doubles Playbook 3.5+ 6:00-7:00pm		The Doubles Playbook 3.0+ 6:00-7:00pm			
<b>**Drill Rates**</b>		<b>Private Lesson Rates</b>		<b>Semi-Private Lesson Rates</b>		
<b>Member</b>	<b>Non-Member</b>	<b>Member</b>	<b>Non-Member</b>	<b>Member</b>	<b>Non-Member</b>	
1 HR-\$19	1 HR-\$29	½ HR-\$36	½ HR-\$46	1 HR-\$29pp (2 players)	1 HR-\$39pp (2 players)	
1.5 HR-\$24	1.5 HR-\$34	1 HR-\$55	1 HR-\$65	1 HR-\$22pp (3 players)	1 HR-\$32pp (3 players)	
2 HR-\$28	2 HR-\$38	1.5 HR-\$73	1.5 HR-\$83	1 HR-\$19pp (4 or more)	1 HR-\$29pp (4 or more)	
				1.5 HR-\$39pp (2 players)	1.5 HR-\$49pp (2 players)	
				1.5 HR-\$29pp (3 players)	1.5 HR-\$39pp (3 players)	

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

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

**TAX IS NOT INCLUDED AND THERE ARE NO REFUNDS AFTER REGISTERING OR FOR MISSED CLASSES.**



# TENNIS WITH JENNIFER

September 8, 2020  
360.692.8075

**DURING COVID 19 PHASE 2 THERE IS A LIMIT OF 6 PEOPLE PER CLASS. CALL 2 DAYS IN ADVANCE TO RESERVE A SPOT.**

## **THE SERVE CLINIC – All Levels**

Everything you ever wanted to know about the serve, stance, the grip, targeting, the toss, rhythm, breath control, and how to build a ritual and build a kinetic chain to help turn your serve into a weapon.

## **HIGH INTENSITY TENNIS – 3.5+**

Hitting, sparring, drilling, game play and more.

## **THE DOUBLES PLAYBOOK**

Focus on the plays and formations used on the pro tour to dominate and gain point control. Pro's run plays Drill and master the I Formation

## **DYNAMITE DOUBLES – 3.0+**

Focus on court positioning, movement and truly understand doubles strategy. Learn how to play together, position properly, love to be lobbed and how to set up your partner for success.

## **CARDIO TENNIS**

High energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise. Delivering the ultimate full body, calorie burning aerobic workout.