



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	
Drill Rates		Private Lesson Rates		Semi-Private Lesson Rates		
Member	Non-Member	Member	Non-Member	Member	Non-Member	
1 HR-\$19	1 HR-\$29	1/2 HR-\$36	1/2 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.



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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.

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.