



TENNIS WITH JENNIFER

September 2, 2021

360.692.8075

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-\$31	½ HR-\$46	½ HR-\$58	1 HR-\$29pp (2 players)	1 HR-\$41pp (2 players)	
1.5 HR-\$24	1.5 HR-\$36	1 HR-\$65	1 HR-\$77	1 HR-\$22pp (3 players)	1 HR-\$34pp (3 players)	
2 HR-\$28	2 HR-\$40	1.5 HR-\$83	1.5 HR-\$95	1 HR-\$19pp (4 or more)	1 HR-\$31pp (4 or more)	
				1.5 HR-\$39pp (2 players)	1.5 HR-\$51pp (2 players)	
				1.5 HR-\$29pp (3 players)	1.5 HR-\$41pp (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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CARDIO TENNIS

Free for tennis members and open to the first 8 to enroll. Fast and flowing drills to work on all your shots. Groundstrokes, approach shots, volleys and overhead smash. Games to finish.

Workout and grow your fitness.

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.