



TENNIS WITH NOLAN & KIM

January 3, 2022

360.692.8075

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Cardio Tennis 8:00-8:45am (free) Nolan			Serve Clinic 8:30-9:00am Nolan (Drop in)	
		High Intensity (HIT) 3.5+ 9:00-10:30am Nolan (Drop in)			High Intensity HIT 3.5+ 9:00-10:30am Nolan (Drop in)	
	HS Prep 1 4:00-5:00pm Nolan	Orange Ball 4:30-5:30PM Nolan	HS Prep 1 4:00-5:00pm Nolan	Orange Ball 4:30-5:30PM Nolan	Dynamite Doubles 10:30-12:00pm Nolan (Drop in)	
	Red Ball 5:00-6:00PM Nolan	Green Ball 5:30-6:30PM Nolan	Red Ball 5:00-6:00PM Nolan	Green Ball 5:30-6:30PM Nolan	Red Ball 4:30-5:30pm Kim	
	Doubles Playbook 3.5 6:00-7:00PM Nolan (Drop in)	HS Prep 2 6:30-7:30PM Nolan	Doubles Playbook 3.0 6:00-7:00PM Nolan (Drop in)	HS Prep 2 6:30-7:30PM Nolan	Orange Ball 5:30-6:30pm Kim	
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-\$29	½ HR-\$41	1 HR-\$29pp (2 players)	1 HR-\$41pp (2 players)	
1.5 HR-\$24	1.5 HR-\$36	1 HR-\$47	1 HR-\$59	1 HR-\$22pp (3 players)	1 HR-\$34pp (3 players)	
2 HR-\$28	2 HR-\$40	1.5 HR-\$64	1.5 HR-\$76	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)	
				1.5 HR-\$24pp (4 or more)	1.5 HR-\$36pp (4 or more)	

Nolan has a variety of times available for private lessons. Contact the front desk and your information will be given to Nolan to call you back 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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SIGN UP FOR A 4 WEEK SESSION (1 OR 2 CLASSES PER WEEK)

MEMBER:

1 CLASS PER WEEK - \$58 PER SESSION
2 CLASSES PER WEEK - \$116 PER SESSION

NON-MEMBER:

1 CLASS PER WEEK - \$86 PER SESSION
2 CLASSES PER WEEK - \$172 PER SESSION

RED BALL - AGES 4-7

Students will learn movement, balance and motor skill development along with self and partner rallying skills and advanced elements of match play. For students with little or no experience.

ORANGE BALL - AGES 7-12

A beginning class where students develop hand eye coordination, balance and movement skills to begin rallying.

GREEN BALL - AGES 8-18

For Junior High JV beginners on a 78" court with green or yellow balls. Focus on development and advancement of strokes (forehand/backhand/volleys/serve). Learn parts of the tennis court and basic strategies.

HS PREP 1 - AGES 12-18

Same as above.

HS PREP 2 - AGES 13-18

Advanced beginner to intermediate High School players who are learning tactics and strategy and getting ready to match play.

DOUBLES PLAYBOOK (Drop in only)

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

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. Workout and grow your fitness.

SERVE CLINIC - All levels

Everything you wanted to know about the serve, stance, grip, targeting, 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-3.5+

Hitting, sparring, drilling, game play and more.

DYNAMITE DOUBLES - 3.0+

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