



# ADULT TENNIS LESSONS

## Adult Group Tennis Session

Lakeshore Sport & Fitness offers a wide variety of adult group tennis classes ranging from the first time beginner level to advanced open level. Players are classified using the National Tennis Rating Program (N.T.R.P.), which places adults into different categories based upon ability and standardizes play for a more enjoyable experience. Grouping by ability allows our LSF instructors to better focus their drills on improving specific skills. Challenge areas will be identified by the instructor and appropriate drills will be utilized to help participants advance their game. For more information on adult tennis classes, contact [DannyM@LakeshoreSF.com](mailto:DannyM@LakeshoreSF.com).

## Class Format & Player Development

All group classes are designed and taught by certified tennis professionals. The main focus of our instructional program is to make the learning process easier and fun for everyone. Our progressive coaching approach allows all players to develop a specific stroke, technique, and footwork more efficiently and with success. This progressive coaching approach is based on the following criteria:

**Warm-up:** It consists of 5-7 mins of players starting on the service line hitting forehands and backhands, focusing on footwork and cooperative rallying (mini-tennis).

**Skill Building Drills:** Players have the opportunity to practice the same shot in repetition with their tennis professional, focusing on technique and stroke shaping.

**Situational Drills/Live Ball Drills:** Your tennis professional will create game situations where specific shot/stroke can be used in a real tennis match. These situational drills bring together all elements of tennis (tactics, decision making, problem-solving, technique, psychology, etc).

**Play Time:** Players will put together what they learned during the lesson in a real match play.

## Group Class Special

LSF offers 1.5-hour group tennis class for the price of a 1-hour group class throughout the session. The classes are indicated as Early Bird (E.B.), Matinee (M), and Night Owl (N.O). The Group Class Special is for 2.1-2.5 levels and above.

## ADULT GROUP CLASS TIMES:

### Tennis 360° (Intro)

Mon	7-8pm
Tues	10-11am, 11-12pm
Sat	1-2pm

### 1.5 - 2.0

Mon	12:30-2 pm (M), 7-8pm
Tues	6-7pm
Fri	9-10am
Sat	2-3pm

### 2.1 - 2.5

Mon	6-7pm
Wed	8-9pm
Thur	1-2pm

### 2.6 - 3.0

Mon	6-7pm
Tues	9-10am
Wed	6-7pm
Thur	10-11am, 12:30-2pm(M)

### Drop in Drill n' Play (3.0-4.0)

Mon	9-10am	\$26
Tues	7-8am	\$26
Wed	10:30-11:30am	\$26
Fri	6-7am, 12-1pm	\$26

### 3.1 - 3.5

Mon	10am-12pm, 7-8:30pm, 8:30-10pm(NO)
Tues	12-1:30pm(M), 12:30-2pm (M), 7-8:30pm, 8:30-10pm(NO)
Wed	9-10:30am, 6-7pm, 11:30am-1pm
Thur	7-8:30pm

### 3.6 - 4.0

Mon	5:30-7am (EB), 9-10:30am
Tues	7-8:30pm, 8:30-10pm(NO)
Wed	12-1:30pm(M)
Thur	7-8:30pm, 12-1:30pm(M)

### 4.1 - 4.5

Tues	7-8:30pm
Wed	9-10:30am, 7-8:30pm
Thur	7-8:30pm

### 4.6 - 5.0

Thur	7-8:30pm
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### Family Tennis (minimum 3 players)

Sat	All Levels	2-3pm	\$30
Sun	All Levels	3-4pm	\$30

## ADULT TENNIS RATES:

### 10 Week Session (Intro)

Member	Guest
\$270	\$500

All other classes:

### 10 Week Session

Member	Guest
1-hr class	\$300 \$550
1.5-hr class	\$450 \$825
2-hr class	\$600 \$1100

## SESSION DATES:

SPRING	Apr 15- Jun 23	10 wks
SUMMER	Jun 24 - Sep 1	10 wks
<i>NO CLASS: Jul 4</i>		
FALL	Sep 3 - Nov 10	10 wks
WINTER I	Nov 11 - Feb 2	10 wks
<i>NO CLASS: Nov 28, Thanksgiving Day</i>		
<i>Winter Break Dec 21-Jan 3</i>		
WINTER II	Feb 3 - Apr 14	10 wks

MEMBER REGISTRATION BEGINS 3 WEEKS PRIOR TO THE START OF EACH SESSION.

## PRIVATE/SEMI-PRIVATE LESSONS

Member	Guest
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Prime-time private	\$85	\$135
Prime-time semi	\$90	\$150
Non-prime private	\$75	\$125
Non-prime semi	\$85	\$135
Hitting lesson private*	\$55	\$85
Semi-Hitting lesson*	\$61	\$100

\* M-F 11-3pm (*hitting only/no instruction*)

## COURT HOURS & PRICING

	Monday - Friday	Saturday - Sunday	
<b>EARLY BIRD</b>	4:30 am - 9:00 am	N/A	<b>\$20</b>
<b>PRIME TIME</b>	4:00 pm - 10:00 pm	8:00 am - 6:00 pm	<b>\$45</b>
<b>NON-PRIME TIME</b>	9:00 am - 4:00 pm	6:00 pm - 10:00 pm	<b>\$35</b>

*LSF has a 24 hour cancellation policy for all lessons, classes & makeups.*

- Early Bird (EB), Matinee (M), and Night Owl (NO) classes offer 1.5 hours of class for the price of one hour.
- Drop In (DI): 24 hour notice
- 1 makeup class allowed in each session; they will not carry over to the next session.
- Group classes need a minimum of 3 participants to run.