



ADULT TENNIS LESSONS

Adult Group Tennis Session

Lakeshore SF offers a wide variety of adult group tennis classes ranging from absolute beginner to advanced tournament level. Players are classified using the National Tennis Rating Program (N.T.R.P.), which places students into different categories based upon ability and standardizes play for an overall, enjoyable experience. By being in classes with players at the same level the pros are better able to focus their drills on improving specific skills. Challenge areas will be identified by the instructor and appropriate drills will be utilized to help you advance your game. For more information on adult tennis classes, please contact 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

Lakeshore SF offers 1.5-hour group tennis class for the price of 1-hour 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		
Wed		7-8pm
Fri		
Sun	12-1pm	

1.5 - 2.0

Wed		7-8pm
Sat	8-9am	
Sun	10-11am	

2.1 - 2.5

Tues	9-10am	
Thur	11-12pm(2)	
Fri	1-2pm	
Sun		

2.6 - 3.0

Mon		6-7pm
Wed	10:30-11:30am	
Thur		7-8pm(2)
Sun		

Group Family Tennis Lessons

Sat	2-3pm	
Sun	1pm- 2pm	

3.1 - 3.5

Mon	10:30am-12pm	1pm-2:30pm (M)
Tues	2pm-3:30pm	7-8:30pm
Wed	10:30am-12pm, 2-3:30pm, 7-8:30pm	
Thur	8:30-10am	12:30pm-2pm (M)
Sat	10-11am	

3.6 - 4.0

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

4.1 - 4.5

Mon	9-10:30am	
Tues	7-8:30pm	
Wed	9-10:30am (NO)	7-8:30pm
Thur		7-8:30pm(2)

4.5 +

Mon		7-8:30pm
Thur		8-9:30pm

* Early Bird (EB), Matinee (M), and Night Owl (NO) classes offer 1.5 hours of class for the price of one hour.

* 1 makeup class allowed in each session; they will not carry over to the next session.

* Group classes need a minimum of 3 students to run.

ADULT TENNIS RATES:

10 Week Session (Intro)

Member	Guest
\$270	\$390

All other classes:

10 Week Session

Member	Guest
1-hr class	\$300 \$420
1.5-hr class	\$450 \$630
2-hr class	\$600 \$840

SESSION DATES:

WINTER II JAN 30 - APR 9 10 wks
 SPRING APR 10 - JUN 4 8 wks
 NO CLASS: May 29, Memorial Day

Member registration begins 3 weeks prior to the start of the session.

PRIVATE/SEMI-PRIVATE LESSONS

	Member	Guest
Prime-time private	\$81	\$110
Prime-time semi	\$86	\$120
Non-prime private	\$71	\$95
Non-prime semi	\$81	\$110
Hitting lesson private*	\$51	\$65
Hitting lesson semi*	\$57	\$75

* M-F 12-2pm

COURT HOURS & PRICING

	Monday - Friday	Saturday - Sunday	
EARLY BIRD	Before 8am	N/A	\$16.50
PRIME TIME	4:00 pm - 10:00 pm	8:00 am - 6:00 pm	\$41
NON-PRIME TIME	6:00 am - 4:00 pm	6:00 pm - 10:00 pm	\$31

*LSF has a 24 hour cancellation policy