ADULT TENNIS LESSONS

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.

ADULT GROUP TENNIS SESSION

Lakeshore Sport & Fitness offers a wide variety of adult group tennis classes to advanced open level. Players are 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. Challenging 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
LPRacquet@LakeshoreSF.com

ADULT GROUP CLASS TIMES:

Tennis 360° (Intro)

Mon	11-12pm, 6-7pm
Thu	6-7pm

1.5 - 2.0

Mon	2-3pm, 7-8pm
Wed	8-9pm
Thu	6-7am
Sat	12-1pm
Sun	11-12pm, 3-4pm

2.1 - 2.5

Mon	8:30-10pm
Wed	6-7pm
Thu	8-9:30pm
Sun	1-2pm

2.6 - 3.0

Mon	6-7pm
Wed	8-9pm
Thu	12-1:30pm
Sat	3-4pm
Sun	12-1pm

Family Tennis (minimum 4 players)

Sat	All Levels	4-5pm	$33
Sun	All Levels	4-5pm	$33

3.1 - 3.5

Mon	9-10:30am, 12-1:30pm
Wed	9-10:30am, 10:30-12pm, 6-7pm
Thu	6-7am, 12-1pm, 6-7pm
Fri	10:30am-12pm
Sat	10-11am

3.6 - 4.0

Mon	1:30-3pm, 7-8pm
Tue	12:30-2pm, 7-8:30pm
Wed	7-8:30pm
Thu	7:30-9am, 10:30am-12pm, 12:30-2pm, 7-8pm

4.1 - 4.5

Mon	7-8:30pm
Tues	8:30-10pm
Wed	7-8:30pm

4.5 - 5.0

Thu	7-8:30pm

ADULT TENNIS RATES:

10 Week Session (Intro) $330

10 Week Session

1-hr class	$330
1.5-hr class	$495
2-hr class	$660

SESSION DATES:

FALL	Sep 6 - Nov 13	10 wks
	NO CLASS: Sep 5, Labor Day	
WINTER I	Nov 14 - Feb 5	10 wks
	NO CLASS: Nov 24, Thanksgiving Day	
	Winter Break Dec 19-Jan 1	
WINTER II	Feb 6 - Apr 16	10 wks
SPRING	Apr 17 - Jun 25	10 wks
	NO CLASS: May 29, Memorial Day	
SUMMER	Jun 27 - Sep 4	10 wks
	NO CLASS: Jul 4, Independence Day	

MEMBER REGISTRATION BEGINS 2 WEEKS PRIOR TO THE START OF EACH SESSION.

PRIVATE/SEMI-PRIVATE LESSONS

Private lessons	$95
Semi-private	$110
Hitting lessons	$70

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

Services paid for with credit or debit card will incur a 4% convenience fee.

COURT HOURS & PRICING

$60/hour plus .9% City Fee

Monday - Friday	Saturday - Sunday
5:00am-11:00pm	6:00am-9:00pm

- Drop In (DI): 24 hour notice
- New *If you want to create a private/closed group, email LPRacquet@LakeshoreSF.com
- 1 makeup class allowed in each session; they will not carry over to the next session.
- Group classes need a minimum of 4 participants to run.

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