

Specialty Class Descriptions

Drop-In

- **Family Night:** A fun play-based approach to learning tennis. It is designed for 1 adult and 1 child (under 18) who will work in partnership. The night is led by a coach with the help of volunteers. For Beginner or advanced beginner youth 6-12 years old. Adults can be at any level. We will not turn away any parent/youth combo for skill level, but may require them to participate in very beginner level activities. The night varies, but usually includes fun warm up games, a 'mini lesson', and play-based games (Champ of court, Principal's Office, etc.). Friday Nights from 6:45-8pm, \$5 per person
- **Men's Night:** Designed for 3.0 and above players. (2.5's will be asked to leave). Fairly heavy on drills, this night is led by a coach on 3 courts for 2.5 hours. Players will get a warm up and then run a variety of drills over the next two hours. If space allows there may be some Match play (tie breakers, etc). Players should not expect to get coaching, but should expect to play a lot. Wed Night 7:30-10pm, \$18

Unique class formats

- **Ball Machine class:** Players will have a ball machine feeding balls to various locations and use the coach to help set up drills. A brief introduction will be given for how the ball machine works. Players will be run through a set of drills while the coach is usually on the same side of the net, working on stroke development. Some coaches may have players compete towards the end.
- **Family Lesson:** Similar to Family Night, but it is a 6-week session. One parent and one child sign up together. The lesson is for 6 parent/child combos, and is designed for beginner youth, though the parent can be any level. Pairs do partner activity learning on two courts led by two coaches. They will progress through the session, much like a beginner class.
- **Fitness Classes:** Also known as Cardio Tennis. Players will run through a number of drills on and off court. They may use modified balls to extend rallies. They may use off-court activities to keep people moving including ladders, jump ropes and more.
- **Hybrid:** This class is currently designed for 3.0/3.5 levels. It uses two courts with two coaches and is designed to run much just like our regular break camps. The differences are that is once a week, only 1.25 hours, and addresses a smaller skill range.
- **Serving 1.5-2.5:** Players will spend a large amount of time on serving: first serve, second serve, location and more. They will also work on return on serve as part of the class.
- **Serving 3.0+:** Players work on traditional serves, such as making a flat serve better and spin serve spin more, but will also work on specialty serves, which could include Top Spin, Kick and more. This class will also work on return of serve.
- **Specialty shots:** Designed for players 3.0 and above. Class will focus on developing strokes not normally taught during regular group or play instructs. Specialty shots will vary from one coach to another, but may include: Slice, Heavy Top spin/Top Spin lob, Approach shots, Drop shots and drop volleys, Kick serve or non-traditional serves, inside out forehands and many other options.
- **2.0 Play Ready:** This class is designed as a bridge to 2.5 Play instructs. The focus of the class is to work on stroke development but a little more slowly. Coaches spend more time on court positioning for singles and doubles, instructing where/how to hit the ball and where to stand, etc.