

ANDULKA ADULT TENNIS CLASSES

A Division of iTennis, Inc.



SPRING SESSION II – 2011

April 24 – June 4, 2011 (6 Weeks)

You may register and pay for the entire 6-week Spring Session II to attend once per week, or twice per week (if offered). There are no refunds on classes. Missed classes may be made up during the current session provided that 24 hour notice is given that the class will be missed. All make-ups must be completed by the end of the current session. However, if you have registered and paid for the maximum number of days/times offered, you may make up a missed class the following session, provided advanced notice is given. Cardio Tennis classes and Ball Machine with Instruction classes are offered as a package – pay for ten sessions and receive an eleventh for free, using a punch card. Drop-ins are welcome at Cardio and Ball Machine with Instruction classes. **You must sign up for Cardio and Ball Machine classes at least 24 hours prior to a class – a minimum of 3 players is needed to hold a class.**

BEGINNER – Thurs. 7:30-9:00pm Sat. 3:00-4:30pm This class is designed for “first timers” who may never have touched a racket, or for those with limited on court experience. Players will learn the basics of stroke production, rallying, score keeping, and how to play the game.

2.5-3.0 (NTRP) – Thurs. 6:00-7:30pm Sat. 4:30-6:00pm This class is for players already playing at a 2.5-3.0 NTRP level. Technical work will be accompanied by drilling, point play and a great workout.

3.5 (NTRP) –Sun. 6:00-7:30pm Players will get a good workout and will learn more advanced strategies and stroke techniques.

NEW!! DOUBLES DRILL & PLAY – 2 Hours/Class - Days and Times arranged with the Tennis Director.

This class is for players who want to drill with a pro for an hour, then play doubles for the next hour. Arrange your own group of at least 4 players, or sign up alone and be placed in an appropriate group.

ADVANCED (NTRP 4.0-4.5) - Mon. 7:00-8:30pm Intense drilling and shot making with fun games, point play, live ball drills and competition. Constant movement, footwork and a very demanding workout.

CARDIO TENNIS – Intense aerobic workout to GREAT MUSIC keeps the pulse rate up and helps shed the pounds!!

Tues. 6:00-7:00pm Sun. 8:00-9:00am

BALL MACHINE WITH INSTRUCTION –

Mon. 9:00-10:30am Thur. 5:30-7:00pm A great workout hitting against the ball machine, with instruction on stroke technique and ball machine use from our tennis professionals.

You must sign up for Cardio and Ball Machine classes at least 24 hours prior to a class – a minimum of 3 players is needed to hold a class.

WEEKLY ROUND ROBINS AND EVENTS

(Members free; Non-members \$10)

Please sign up in advance for all round robin events.

EVERY MONDAY – OPEN COED NIGHT– A round robin format for men and women of all playing levels.

Partners and opponents will be matched to appropriate playing levels. **7:00-9:00 pm**

EVERY WEDNESDAY TENNIS BONANZA!!

1ST AND 3RD WEDNESDAY OF EACH MONTH – STROKE OF THE WEEK CLINIC -

(Members only) Learn, practice and improve a different stroke each week with one of our pros. **7:00-8:30 pm**

2ND WEDNESDAY OF EACH MONTH – MEN'S NIGHT - A round robin format for **MEN** of all playing levels.

Partners and opponents will be matched to appropriate playing levels. **7:00-9:00 pm**

4TH WEDNESDAY OF EACH MONTH – LADIES NIGHT - A round robin format for **WOMEN** of all playing levels.

Partners and opponents will be matched to appropriate playing levels. **7:00-9:00 pm**

Andulka Park Tennis Center – 5051 Chicago Ave., Riverside, CA 92507
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