

# 2019/20 Winter Adult Class Schedule

Starting November 4, 2019



**40 degrees and dry, all classes are on!**  
**(Never more than a 6 student to 1 pro ratio)**



[Click here to sign up](#)

<b>Monday</b>	
2.5-3.0 Instructional	11:00-12:30
3.0-3.5 Drill	12:30-2:00
<b>Tuesday</b>	
3.0-3.5 Drill	11:00-12:30
2.5-3.0 Instructional	12:30-2:00
<b>Wednesday</b>	
2.0 Instructional *Session 2 (3 Weeks Only) \$75	11:00-12:30
4.0-4.5 Drill *Session 2 (3 Weeks Only) \$75	12:30-2:00
<b>Thursday</b>	
3.5-4.0 Drill	11:00-12:30
2.5-3.0 Instructional	12:30-2:00
<b>Saturday</b>	
Cardio	10:00-11:30
3.0-3.5 Drill	11:30-1:00
3.5-4.0 Drill	12:00-1:30
2.5-3.0 Instructional	1:00-2:30
Cardio	1:30-3:00
<b>Sunday</b>	
Cardio	10:00-11:30
2.5-3.0 Instructional	11:30-1:00
4.0-4.5 Drill	12:00-1:30
3.0-3.5 Drill	1:00-2:30
Cardio	1:30-3:00

## 2019/20 Winter Group Lesson Calendar

**Session 1 – Week of November 4 – Week of November 25 (4 weeks) \$100**

*\*Winter ONLY prorated options available for Week of November 25*

*3 week session (Week of November 4 - Week of November 18) \$75*

**Session 2 – Week of December 2 – Week of December 23 (4 weeks) \$100**

*\*Winter ONLY prorated options available for Week of December 23*

*3 week session (Week of December 2 – Week of December 16) \$75*

**Session 3 – Week of December 30 – Week of January 20 (4 weeks) \$100**

**Session 4 – Week of January 27 – Week of February 17 (4 weeks) \$100**

**Session 5 – Week of February 24 – Week of March 23 (5 weeks) \$125**

## **The Fine Print:**

- You will be registered for class upon payment.
- If classes are cancelled due to snow, your Gates Tennis Center account will be credited the amount of the class to be used for future purchases at Gates Tennis Center.
- Unfortunately, classes missed on your own account will not be made up.
- Sorry, no refunds within one week of class start date.

## **Types of Classes:**

**Instructional Classes** – Learn great mechanics and effective strategies for each appropriate level. Classes are taught at a pace beneficial for learning. Expect lots of feedback from your Gates Pro!

**Drills:** – The drills are fast-paced providing the opportunity to get lots of reps to groove your strokes. Keep your ears open for an occasional shout of instruction as the drills will keep moving. We call it “instruction on the go”! Expect a great workout and lots of fun competition.

## **Description of Classes:**

**2.0 – Beginner:** This student has played very little tennis before. The class will cover the fundamentals of tennis and basic stroke mechanics. Upon completion of this class, student will be able to maintain a rally of a slow pace.

**2.5-3.0 – Advanced Beginner:** This student has had some playing experience and has some knowledge of positions and strategies for singles and doubles. Among other topics, this class will cover how to hit topspin ground strokes and proper mechanics for effective volleys and serves.

**3.0-3.5 – Intermediate:** This student is able to rally from the backcourt while demonstrating relatively good stroke mechanics. This class will cover more advanced techniques and strategies of the four basic strokes (backhand, forehand, volley, serve) and introduce other advanced skills such as the approach shot and lob.

**3.5-4.0 – Advanced Intermediate:** This student can sustain a rally of good pace and has an overall knowledge of the game. This class will strengthen the four basic strokes and also cover the advanced shot making skills (drop shot, overhead smash, approach shot, strategy, etc.). Through repetition and instruction, this class can be a great tune-up for your game.

**4.0-4.5 – Advanced:** This student has extensive overall knowledge of the game. This player demonstrates power, control and consistency. This drill class will give the participant opportunity to get a great workout while getting lots of stroke repetition. These drills classes are upbeat, friendly-competitive and will emphasize advanced shot-making skills such as approach shots, hitting the ball on the rise, put-away volleys, etc. C’mon out and try an upper-level class!

**Organize your own group** of 3 or more people for lessons with your favorite pro at your convenience. Please contact the front desk for more information.

Visit our website: [www.gatetenniscenter.info](http://www.gatetenniscenter.info)

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