

SAN DIEGO TENNIS & RACQUET CLUB

TENNIS

UPDATED 9/13/10

ADULT WORKOUTS

Angel Lopez Tennis Academy

"A" Women's Group Workout

Class Time: 9:30 – 11:00 Tuesdays

Class Size: Maximum 8 people

Instructor: Steve Tucker

Advanced player participating in League/tournaments. Fast paced.

Co-Ed Aerobic Workout

Class Time: 6:00pm – 7:30 Thur

Class Size: Maximum 10 people

Instructor: Steve Tucker (Thur)

Women's Aerobic Tennis Workout

Class Time: 9:30 – 11 Wednesday

Class Size: Maximum 10 people

Instructor: Tyler Verdick

Fast Paced Tennis workout

Women's 2.5 - 3.0 Workout

Class Time: **9:00 – 10:30 Tuesday**

Class Size: Maximum 8 people

Instructor: Tyler Verdick

Women's 3.0 – 4.0 Workout

Class Time: 9:30 – 11:00 Monday

9:30 – 11:00 Friday

Class Size: Maximum 8 people

Instructor: Steve Tucker (Mon)

Instructor: Tyler Verdick (Fri)

Pattern Drills for doubles to improve strategy & tactics for competition.

C (3.5) Women's Workout

Class Time: 10:30 – 12:00 Tue

Class Size: Maximum 8 people

Instructor: Mike Paradowski

For the 3.5 Player looking to raise their level of play.

Men's Workout 4.0 – 4.5

Class Time: 6:30 p.m. – 8 p.m. Tue

Class Size: Maximum 8 people

Instructor: Mike Paradowski

Advanced intermediate player.

Specifically tournament/league players.

RATES:

	<u>1 Hour</u>	<u>1 ½ Hour</u>	<u>2 Hour</u>
Members	\$14.00	\$21.00	\$28.00
Non-Members	\$20.00	\$28.00	\$35.00

Times Subject to Change

Time Length of Clinic, Subject to be shortened if 50% or less attendance

No Groups During Scheduled Summer Tennis Camps

619-275-3270/619-276-0832 Fax, www.sdtrc.com