

# SAN DIEGO TENNIS & RACQUET CLUB

# TENNIS

UPDATED

## ADULT GROUP WORKOUTS

*Angel Lopez Tennis Academy*

### **"A" Women's 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 (All Levels)**

Class Time: 6:00pm – 7:30 Thur  
Class Size: Maximum 10 people  
Instructor: Steve Tucker (Thur)

### **"B" Women's Workout**

Class Time: 9:30 – 11 Friday  
Class Size: Maximum 8 people  
Instructor: Tyler Verdick  
Doubles Specific Drills for The Club B player.

### **3.0 – 3.5 Women's Workout**

Class Time: 9:30 – 11:00 Monday  
9:30 – 11:00 Wed  
Class Size: Maximum 8 people  
Instructor: Steve Tucker (Mon)  
Instructor: Tyler Verdick (Wed)  
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.

### **Workout Men's 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>
<b>Members</b>	\$14.00	\$21.00	\$28.00
<b>Non-Members</b>	\$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](http://www.sdtrc.com)