

# SAN DIEGO TENNIS & RACQUET CLUB

# TENNIS

UPDATED 2/5/10

## 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.

**\* NEW\***

### **\*Co-Ed Aerobic Workout**

Class Time: 9:30 – 11:00 Friday

Class Size: Maximum 10 people

Instructor: Tyler Verdick

For the B league level player.

### **Women's Aerobic Tennis Workout**

Class Time: 9:30 – 11 Wednesday

Class Size: Maximum 10 people

Instructor: Ellian Rohrbacher

Fast Paced Tennis workout

### **Women's 3.5 – 4.0 Workout**

Class Time: **9:30 – 11:00 Monday**

Class Size: Maximum 8 people

Instructor: Ellian Rohrbacher

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

### **4.0 - 4.5 Women's Workout**

Class Time: 10:00 - 11:30 **Fri**

Class Size: Maximum 8 people

Instructor: Mike Paradowski

For the strong intermediate & "B" league player. Fast paced.

### **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.

### **Women's 2.5 - 3.0 Workout**

Class Time: **9:00 – 10:30 Tuesday**

Class Size: Maximum 8 people

Instructor: Tyler Verdick

**(above workout starts 9/1/09)**

### 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

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