

SAN DIEGO TENNIS & RACQUET CLUB

TENNIS

*UPDATED 7/6/11

JUNIOR WORKOUTS

Angel Lopez Tennis Academy

(Times Subject to Change)

(No Groups During Scheduled Tennis Camps)

Advanced Level

High Performance Workout I

Time: 4:30 – 6:00 Mon

4:45 – 6:15 Wed

Age: 9 – 17 years old

Class Size: Max 10 per instructor

Rate: \$11.00 Member - \$22.00 Guest

For the high intermediate & open player.

Drills and point play.

High Performance Workout II

Time: 5:00 – 6:30 Friday

Age: 8 – 12 years old

Class Size: Max 10 per instructor

Rate: \$11.00 Member - \$22.00 Guest

For the Satellite to Open Jr. Player

Intermediate Level

Young Guns

Time: 4:15 – 5:00 Monday, Tue & Thur

4:45 – 5:30 Wednesday

Age: 7 – 13 years old

Class Size: Max 10 per instructor

Rate: \$8.00 Member - \$16.00 Guest

Excellent preparation for the inter. player getting ready for Jr. team tennis or satellite tournaments

Beginner Level

Little Pros Workout/Quickstart

Time: (3:30 – 4:15 Mon) (Tue 4:15–5:00)

(4:00 – 4:45 Wed & Fri)

Age: 6 – 9 year olds

Class Size: Max 10 per instructor

Rate: \$8.00 Member - \$16.00 Guest

Skill development with game play

Tiny Tots/Quickstart

Time: 3:30 – 4:15 Tuesdays & Fri.

Age: 4 – 6 year olds

Class Size: Max 10 per instructor

Rate: \$8.00 Member - \$16.00 Guest

Tots skill development

Enrollment Information

Instructors have the sole responsibility for evaluating the skill level of each student.

The Academy staff will determine promotion to a higher level.

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

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