

# SAN DIEGO TENNIS & RACQUET CLUB

# TENNIS

\*UPDATED 9/1/10

## 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: 4:45 – 6:15 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, 4:00 - 4:45 Wed

4:15 - 5:00 Fri

Age: 6 – 9 year olds

Class Size: Max 10 per instructor

Rate: \$8.00 Member - \$16.00 Guest

For the player w/ no previous tennis experience.

#### 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

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