



## ADULT CLASS LESSON DESCRIPTIONS

### Open Drill Classes: \$17 – 1 Hour      \$25 – 1.5 Hours

Open Drill classes are for 1 Hour or 1.5 Hours as advertised, regardless of participants. Class is designed for 6:1 ratio. Open Drill classes are level specific with a focus on a shot/strategy and involve a combination of drilling and point play centered around the focus. Class will range between fast paced drills/games but at times slow down to incorporate instruction into the class. Regular balls are used for the duration of the class.

### Cardio Classes: \$15 – 1 Hour

Cardio classes are for 1 Hour in length and designed to a maximum ratio of 10:1 pro/client. Goal of cardio tennis is to hit a lot of balls and keep your heart rate up for the duration of the hour. The time will consist of fast paced games and point play to keep everyone moving. Low compression balls are used as the class is not specific to any particular level.

### Stroke of the Week: \$17 – 1 Hour

Stroke of the week is a specific shot that focuses on the technique and mechanics of the stroke. Drills will be slower paced with emphasis on correct technique. Class is designed for a 6:1 ratio and is open to all levels. Regular balls are used for the class.

### LIVE BALL: \$15 – 1.5 Hours

This class uses regular balls and is non-stop point play for 1.5 hours. Players are able to be constantly involved in point play situations, get in a great work out and groove your strokes. Great drill class to play with your friends for a little friendly banter.

*Open Drills, HIT and Stroke of the Week are pay as you go classes. Cardio classes are paid for as you go or can be bought in a package of 10 classes. Clients can pay by check or credit card. If paying by credit card please have a card on file. Non Residents pay an additional 20% fee per class. To sign up for each of these classes please email the Pro listed in charge of the class in advance so they are able to control the ratios of the classes and add additional staff if possible. For further information or questions please email Brad Sceney at [sceneytennisbrad@gmail.com](mailto:sceneytennisbrad@gmail.com)*