

UPPER DUBLIN
SPORTS CENTER



SUMMER DRILL OPTIONS (MEN & WOMEN)
June - Aug

TUESDAY	
Tennis Workout (Women)	9 - 10:30am
Men's Night	8:30 - 10pm
WEDNESDAY	
Tennis Workout (Women)	9 - 10:30am
THURSDAY	
Ladies Quickstart/Re-Start	7:00 - 8:00pm
Women's Night (3.5 & up)	7:00 - 8:30pm
FRIDAY	
Tennis Workout (Women)	9:00 - 10:30am
Ladies Re-Start	9:00 - 10:30am
SUNDAY	
Adult Sunrise (Men & Women)	7:30 - 9am
Ladies Re-Start	9:00 - 10:30am

Class Descriptions:

Tennis Workout (Women): (Level 3.0 & higher)

This is a high energy and fast paced tennis/fitness class. Includes important parts of doubles strategy through cardio based live-ball drills that emphasize you hitting as many balls as possible. Stroke repetition is needed to improve, with proper technique as well as agility, footwork, and ball recognition. This group will challenge your stamina, and test your doubles knowledge. Partners not needed, just bring a good attitude.

Women's Night: (Level 3.5 & higher) Looking for additional tennis time? Looking for competitive tennis drills in the evenings? Join us on Thursday evenings! These classes will focus on doubles strategies, court positioning, shot selection and tactics, using a variety of competitive live ball drills, in a fun and fast paced environment.

Men's Night: (Level 3.5 & higher) Multiple courts for drilling, this is the perfect bit of "you time" We run a variety of formats but would be best to equate your time with us attending a great practice on a college team.

Adult Sunrise: Level 3.5 -4.5 (Men and Women) Haul out the coffee and join us. We have plenty of ringers and great players. High energy and play is the perfect way to start your Sunday on a high.

Ladies QuickStart/Re-Start Tennis: This program is designed for those that have never played before or those that have not played in a while. Whether you want to start or re-start your tennis game, there are options for everyone. This program introduces and welcomes back players to the game in a fun, positive and relaxed environment.