

UPPER DUBLIN
SPORTS CENTER



SPRING DRILL OPTIONS (MEN & WOMEN)

April - Mid June

MONDAY	
Ladies Quickstart/Re-Start	9:30 - 10:30am
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	
<u>Tennis Workout (Women)</u>	9:00 - 10:30am
<u>Ladies Re-Start</u>	9:00 - 10:30am
<u>Singles Die-Hards</u>	10:30am - 12noon
<u>SUNDAY</u>	
<u>Adult Sunrise (Men & Women)</u>	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.

Singles Die-Hards: For those that love to run, we salute you! Training as a singles player is definitely the quickest way to improve as a tennis player. Our session will develop your strokes, improve your footwork and help you see the tennis court in a way that you have never seen before.

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.

