



ADULT TENNIS LESSONS

Adult Group Tennis Session

Lakeshore Sport & Fitness offers a wide variety of adult group tennis classes ranging from the first time beginner level to advanced open level. Players are classified using the National Tennis Rating Program (N.T.R.P.), which places adults into different categories based upon ability and standardizes play for a more enjoyable experience. Grouping by ability allows our LSF instructors to better focus their drills on improving specific skills. Challenge areas will be identified by the instructor and appropriate drills will be utilized to help participants advance their game. For more information on adult tennis classes, contact DannyM@LakeshoreSF.com.

Class Format & Player Development

All group classes are designed and taught by certified tennis professionals. The main focus of our instructional program is to make the learning process easier and fun for everyone. Our progressive coaching approach allows all players to develop a specific stroke, technique, and footwork more efficiently and with success. This progressive coaching approach is based on the following criteria:

Warm-up: It consists of 5-7 mins of players starting on the service line hitting forehands and backhands, focusing on footwork and cooperative rallying (mini-tennis).

Skill Building Drills: Players have the opportunity to practice the same shot in repetition with their tennis professional, focusing on technique and stroke shaping.

Situational Drills/Live Ball Drills: Your tennis professional will create game situations where specific shot/stroke can be used in a real tennis match. These situational drills bring together all elements of tennis (tactics, decision making, problem-solving, technique, psychology, etc).

Play Time: Players will put together what they learned during the lesson in a real match play.

Group Class Special

LSF offers 1.5-hour group tennis class for the price of a 1-hour group class throughout the session. The classes are indicated as Early Bird (E.B.), Matinee (M), and Night Owl (N.O). The Group Class Special is for 2.1-2.5 levels and above.

ADULT GROUP CLASS TIMES:

Tennis 360° (Intro)

Mon	7-8pm
Thur	7-8pm

1.5 - 2.0

Mon	12:00-1:30 pm (M), 8-9pm
Wed	11:30-12:30pm
Sat	2-3pm

2.1 - 2.5

Wed	10:30-12pm
Thur	1-2pm, 7-8:30pm
Fri	12-1:30pm
Sun	10-11am

2.6 - 3.0

Mon	6-7pm
Tues	9:30-11am
Wed	8-9pm
Thur	12:30-2pm(M)
Sun	12-1pm

Family Tennis (minimum 3 players)

Sat	All Levels	4-5pm	\$30
Sun	All Levels	4-5pm	\$30

3.1 - 3.5

Mon	9-10:30am, 7-8:30pm, 12:30-2pm
Tues	9-10:30am, 11-12:30pm
Wed	9-10:30am, 10:30am-12pm, 2-3pm
Thur	7-8:30pm, 10:30-12pm, 12:30-2pm
Fri	10:30am-12pm
Sun	9-10:30am

3.6 - 4.0

Mon	5:30-7am (EB), 9-10:30am, 7:30-9pm, 12:30-2:30pm
Tues	7-8:30pm, 8:30-10pm(NO) 12:30-2pm, 12-1pm
Thur	7-8:30pm, 12-1:30pm(M), 8:30-10pm

4.1 - 4.5

Mon	6-7:30am, 8:30-10pm
Tues	*4.5
Wed	9-10:30am, 7-8:30pm

4.6 - 5.0

Thur	7-8:30pm
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ADULT TENNIS RATES:

10 Week Session (Intro) \$270

10 Week Session

1-hr class	\$300
1.5-hr class	\$450
2-hr class	\$600

SESSION DATES:

FALL	Sep 8 - Nov 15	10 wks
WINTER I	Nov 16 - Feb 7	10 wks
<i>NO CLASS: Nov 26, Thanksgiving Day Winter Break Dec 21-Jan 3</i>		
WINTER II	Feb 8 - Apr 18	10 wks
SPRING	Apr 19 - Jun 27	10 wks

MEMBER REGISTRATION BEGINS 3 WEEKS PRIOR TO THE START OF EACH SESSION.

PRIVATE/SEMI-PRIVATE LESSONS

Prime-time private	\$90
Prime-time semi	\$95
Non-prime private	\$80
Non-prime semi	\$90
Hitting lesson private*	\$60
Semi-Hitting lesson*	\$66

* M-F 11-3pm (*hitting only/no instruction*)

COURT HOURS & PRICING

	Monday - Friday	Saturday - Sunday	
EARLY BIRD	4:30 am - 9:00 am	N/A	\$25
PRIME TIME	4:00 pm - 10:00 pm	8:00 am - 6:00 pm	\$50
NON-PRIME TIME	9:00 am - 4:00 pm	6:00 pm - 10:00 pm	\$40

LSF has a 24 hour cancellation policy for all lessons, classes & makeups.

- Early Bird (EB), Matinee (M), and Night Owl (NO) classes offer 1.5 hours of class for the price of one hour.
- Drop In (DI): 24 hour notice
- New *If you want to create a private/closed group, email LPRacquet@LakeshoreSF.com
- 1 makeup class allowed in each session; they will not carry over to the next session.
- Group classes need a minimum of 3 participants to run.