

# SUMMER FLEX TENNIS SESSION

## Summer Flex 6 Pack- 10 Weeks

Day of Week	Class/Level	Session Time
<b>Monday</b>	Regular class/3.0-4.0	10:30am-12pm
<b>Monday</b>	Cardio/1.5-2.5	6-7pm
<b>Tuesday</b>	Drill/play/3.5+	10:30am-12pm
<b>Tuesday</b>	Cardio/2.5-3.5	6-7pm
<b>Wednesday</b>	Cardio/2.6-3.0	10:30am-12pm
<b>Wednesday</b>	Regular class/1.5-2.5	6-7pm
<b>Thursday</b>	Intro	7-8:30pm
<b>Thursday</b>	Regular class/3.0-4.0	9-10:30am
<b>Friday</b>	Regular class/1.5-2.5	11-12:30pm
<b>Friday</b>	Cardio/3.5+	12-1:30pm
<b>Saturday</b>	Intro	2-3pm
<b>Saturday</b>	Cardio 3.5+	12-1:30pm
<b>Sunday</b>	Drill/play/3.1-4.0	11:30am-1pm
<b>Sunday</b>	Cardio/1.5-2.5	11am-12:30pm

### 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.

### 10 Week Session Member

**1-Hour Classes \$210**

**1.5-Hour Classes \$315**

**Purchase a 6pack of classes to use towards any of these class offerings throughout the 10 week session! Class pack can only be used by one member and be used for any combination of classes.**

**Purchase your package on the MyLSF app under My Account>Series Sale or by emailing [LPRacquet@LakeshoreSF.com](mailto:LPRacquet@LakeshoreSF.com). Register for your classes as you go on the MyLSF app!**