

ADULT TENNIS LESSONS

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.

ADULT GROUP TENNIS SESSION

Lakeshore Sport & Fitness offers a wide variety of adult group tennis classes to advanced open level. Players are 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. Challenging 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
LPRacquet@LakeshoreSF.com

ADULT GROUP CLASS TIMES:

Tennis 360° (Intro)

Mon	6-7pm
Thu	6-7pm
Sat	10-11am

1.5 - 2.0

Mon	11am-12pm, 203pm, 6-7pm
Wed	8-9am, 6-7pm
Thu	7-8pm
Sat	11-12pm
Sun	11-12pm

2.1 - 2.5

Mon	2-3pm, 7-8pm, 8:30-10pm
Tues	7-8pm
Wed	6-7pm
Thu	8-9:30pm
Sun	1-2pm

2.6 - 3.0

Mon	6-7pm, 7-8pm
Tues	8-9:30pm
Wed	8-9pm
Thu	12-1:30pm, 6-7pm, 8-9:30pm
Sat	3-4pm
Sun	12-1pm, 9-10am

Family Tennis (minimum 4 players)

Sat	All Levels	4-5pm	\$38
Sun	All Levels	4-5pm	\$38

- 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 4 participants to run.

3.1 - 3.5

Mon	9-10:30am, 6-7pm
Wed	9-10:30am, 10:30-12pm, 6-7pm, 8-9pm
Thu	12-1pm, 6-7pm, 7-8pm
Fri	10-11am
Sat	10-11am

3.6 - 4.0

Mon	1:30-3pm, 7-8:30pm, 8:30-10pm
Tue	12:30-1:30pm, 7-8:30pm
Wed	6-7:30am, 7-8:30pm
Thu	12:30-2pm, 7-8pm

4.1 - 4.5

Mon	7-8:30pm
Tues	8:30-10pm
Wed	7-8:30pm

4.5 - 5.0

Wed	7-8:30pm
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ADULT TENNIS RATES:

10 Week Session (Intro) \$380

10 Week Session

1-hr class	\$380
1.5-hr class	\$570
2-hr class	\$760

SESSION DATES

SUMMER 1 Mon Jun 26 - Sun July 20

no classes Thur Jul 4

SUMMER 2 Mon July 21 - Sun Aug 24

FALL Tues Aug 25 - Sun Aug 24

No classes Sept 1

WINTER 1 Mon Nov 11 - Sun Jan 26

No classes Nov 28 & Dec 24-Jan 1

WINTER 2 Mon Jan 27 - Sun Apr 6

SPRING Mon Apr 7 - Sun Jun 15

No classes April 20 & May 26

*MEMBERSHIP IS REQUIRED.
MEMBER REGISTRATION BEGINS 2 WEEKS
PRIOR TO THE START OF EACH SESSION.*

PRIVATE/SEMI-PRIVATE LESSONS

Private lessons	\$100
Semi-private	\$120
Hitting lessons	\$75

* M-F 11-3pm (*hitting only/no instruction*)
*Services paid for with credit or debit card
will incur a 4% convenience fee.*

COURT HOURS & PRICING

Rooftop pricing \$25+tax per hour

Indoor pricing \$61+tax per hour

Monday - Friday	Saturday - Sunday
5:00am-11:00pm	6:00am-9:00pm

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