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	1:30-3pm
Wed	12:30-2pm, 6-7pm, 7-8pm, 8-9pm
Sat	11-12pm
Sun	11-12pm

2.1 - 2.5

Mon	11am-12pm
Tues	7-8pm
Wed	6-7pm
Thu	8-9pm

2.6 - 3.0

Mon	2-3pm, 6-7:30pm, 7-8pm
Tues	6-7pm, 8:30-10pm
Wed	8-9pm
Thu	6-7pm, 8-9:30pm
Sat	6-7pm, 8-9:30pm
Sun	12-1pm, 3-4pm

3.1 - 3.5

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

3.6 - 4.0

Mon	7-8:30pm, 8:30-10pm
Tue	6:30-8am, 7-8:30pm, 7:30-9pm
Wed	7-8:30pm
Thu	10:30am-12pm, 12:30-2pm, 7-8pm
Fri	12:30-2pm
Sat	8:30-10am

4.1 - 4.5

Mon	7-8:30pm
Tues	8:30-10pm
Thu	7-8:30pm
Sun	9-10:30am

4.5 - 5.0

Thu	6-7:30am, 9-10:30pm

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 1 - Sun July 12
no classes Sat Jul 4
SUMMER 2 Mon July 13 - Sun Aug 23
FALL Mon Aug 24 - Sun Nov 1
no classes Mon Sep 7
WINTER 1 Mon Nov 2 - Sun Jan 10
No classes Nov 26, Dec 24-25 & 31, Jan 1
WINTER 2 Mon Jan 11 - Sun March 21
SPRING Mon March 22 - Sun May 30

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

PRIVATE/SEMI-PRIVATE LESSONS

10-weeks
1-hour sessions guarantee your court, day, and time for the full session.

Private lessons	$100/hr
Semi-private	$60/hr

Private Lessons: A La Carte

Private lessons	$120/hr
Semi-private	$80/person/hr

* 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

- 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.

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