

2010 Adult Tennis Class Schedule

Session #4: Week of 7/19 – Week of 8/9

Class Schedule	Dates	Time	Size	Cost	No. of Weeks
Instructional Classes for Ladies Only					
2.0 (Beginner)	Tuesdays (7/20 – 8/10)	10:30-11:30 am	6-12	\$55	4
2.5-3.0 (Adv Beg)	Tuesdays (7/20 – 8/10)	9:00-10:30 am	6-12	\$90	4
3.0-3.5 (Intermediate)	Thursdays (7/22 – 8/12)	10:30-12 noon	6-12	\$90	4
3.5-4.0 (Adv Int)	Thursdays (7/22 – 8/12)	9:00-10:30 am	6-12	\$90	4
Instructional Classes for Everybody					
2.0 (Beginner)	Mondays (7/19 – 8/9)	6:00-7:00 pm	6-12	\$55	4
2.0 (Beginner)	Saturdays (7/24 – 8/14)	9:30-10:30 am	6-12	\$55	4
2.5-3.0 (Adv Beg)	Tuesdays (7/20 – 8/10)	5:30-7:00 pm	6-12	\$90	4
2.5-3.0 (Adv Beg)	Wednesday (7/21 – 8/11)	9:00-10:30 am	6-12	\$90	4
2.5-3.0 (Adv Beg)	Thursdays (7/22 – 8/12)	7:00-8:30 pm	6-12	\$90	4
2.5-3.0 (Adv Beg)	Saturdays (7/24 – 8/14)	10:30-12 noon	6-12	\$90	4
3.0-3.5 (Intermediate)	Thursdays (7/22 – 8/12)	5:30-7:00 pm	6-12	\$90	4
3.0-3.5 (Intermediate)	Saturdays (7/24 – 8/14)	10:30-12 noon	6-12	\$90	4
3.5-4.0 (Adv Int)	Wednesday (7/21 – 8/11)	10:30-12 noon	6-12	\$90	4
3.5-4.0 (Adv Int)	Saturdays (7/24 – 8/14)	9:00-10:30 am	6-12	\$90	4
Drill Classes					
3.0-3.5 Drill	Tuesdays (7/20 – 8/10)	11:30-1:00 pm	6-12	\$90	4
3.0-3.5 Drill	Tuesdays (7/20 – 8/10)	7:00-8:30 pm	6-12	\$90	4
3.5-4.0 Drill	Mondays (7/19 – 8/9)	7:00-8:30 pm	6-12	\$90	4
3.5-4.0 Drill	Wednesday (7/21 – 8/11)	5:30-7:00 pm	6-12	\$90	4
4.0-4.5 Drill	Mondays (7/19 – 8/9)	5:30-7:00 pm	6-12	\$90	4
4.0-4.5 Drill	Wednesday (7/21 – 8/11)	7:00-8:30 pm	6-12	\$90	4
4.0-4.5 Drill	Thursdays (7/22 – 8/12)	12:00-1:30 pm	6-12	\$90	4
4.0-4.5 Drill	Saturdays (7/24 – 8/14)	8:00-9:30 am	6-12	\$90	4

- You will be registered for class upon payment.
- Classes missed due to rain will be made up with an additional week - same day and time. (Call one hour prior to class if weather is questionable.)
- Unfortunately, classes missed on your own account will not be made up.
- Sorry, no refunds within one week of class start date.

Organize your own group of 3 or more people for lessons with your favorite pro at your convenience. Please contact the front desk for more information.

To Register: Call us (303) 355-4461 with a Visa/MC or stop by to sign up.

VISIT OUR WEBSITE: WWW.GATESTENNISCENTER.INFO
 Gates Tennis Center 3300 East Bayaud Ave. Denver, CO 80209 303-355-4461

Description of Classes:

2.0 – Beginner: This student has played very little tennis before. The class will cover the fundamentals of tennis and basic stroke mechanics. Upon completion of this class, student will be able to maintain a rally of a slow pace.

2.5-3.0 – Advanced Beginner: This student has had some playing experience and has some knowledge of positions and strategies for singles and doubles. Among other topics, this class will cover how to hit topspin ground strokes and proper mechanics for effective volleys and serves.

3.0-3.5 – Intermediate: This student is able to rally from the backcourt while demonstrating relatively good stroke mechanics. This class will cover more advanced techniques and strategies of the four basic strokes (backhand, forehand, volley, serve) and introduce other advanced skills such as the approach shot and lob.

3.5-4.0 – Advanced Intermediate: This student can sustain a rally of good pace and has an overall knowledge of the game. This class will strengthen the four basic strokes and also cover the advanced shot making skills (drop shot, overhead smash, approach shot, strategy, etc.). Through repetition and instruction, this class can be a great tune-up for your game.

4.0-4.5 – Advanced: This student has extensive overall knowledge of the game. This player demonstrates power, control and consistency. This drill class will give the participant opportunity to get a great workout while getting lots of stroke repetition. These drills classes are upbeat, friendly-competitive and will emphasize advanced shot-making skills such as approach shots, hitting the ball on the rise, put-away volleys, etc. C'mon out and try an upper-level class!

Types of Classes:

Instructional Classes – Learn great mechanics and effective strategies for each appropriate level. Classes are taught at a pace beneficial for learning. Expect lots of feedback from your Gates Pro!

Drills: – The drills are fast-paced providing the opportunity to get lots of reps to groove your strokes. Keep your ears open for an occasional shout of instruction as the drills will keep moving. We call it “instruction on the go”! Expect a great workout and lots of fun competition.

2010 Group Lesson Calendar

Session 1 – April 5 – April 26

Session 2 – May 10 – May 31 (Note: classes on May 31 – Memorial Day - will be on June 7)

Session 3 – June 14 – July 5

Session 4 – July 19 – August 9

Session 5 – August 23 – Sept 13 (Note: classes on Sept. 6 – Labor Day – will be on Sept. 21)

Session 6 – September 27 - October 18