ADULT TENNIS DRILLS

WINTER 22-23

GATES TENNIS CENTER — COLORADO'S NO. 1 PUBLIC TENNIS FACILITY

NEVER MORE THAN 6:1 RATIO PER PRO.
GREAT-SIZED CLASSES!

FOUR (4) or FIVE (5) CLASSES IN A ROW!

REGISTRATION OPENS ONLINE AT 7AM ON THE 10TH OF THE MONTH BEFORE EACH SESSION

90-MINUTE INSTRUCTIONAL CLASSES
$135 / SESSION

Class Schedule	Day	Time
2.0 (Beginner)	Monday	2:00-3:30 pm
2.5-3.0 (Adv. Beg)	Monday	12:30-2:00pm
2.5-3.0 (Adv. Beg)	Tuesday	11:00-12:30pm
2.5-3.0 (Adv. Beg)	Thursday	2:00-3:30pm
2.5-3.0 (Adv. Beg)	Friday	12:30pm-2:00pm
3.0-3.5 (Intermediate)	Wednesday	2:00pm-3:30pm
3.5-4.0 (Adv Inter)	Thursday	12:30pm-2:00pm

90-MINUTE SMALL GROUP DRILLS
$135 / SESSION

Class Schedule	Day	Time
3.0-3.5 Drill	Tuesday	12:30pm-2:00pm
3.0-3.5 Drill	Thursday	11:00am-12:30pm
3.0-3.5 Drill	Saturday	12:30pm-2:00pm
3.5-4.0 Drill	Wednesday	11:00am-12:30pm
3.5-4.0 Drill	Friday	2:00pm-3:30pm
3.5-4.0 Drill	Saturday	11:00am-12:30pm
4.0-4.5 Drill	Monday	11:00am-12:30pm
4.0-4.5 Drill	Wednesday	12:30pm-2:00pm
4.0-4.5 Drill	Friday	11:00am-12:30pm
4.0-4.5 Drill	Saturday	2:00pm-3:30pm

CARDIO TENNIS
$99 / SESSION

Class Schedule	Day	Time
Cardio Tennis	Saturday	10:00am-11:00am

NOVEMBER SESSION:	Tuesday, November 1st - Wednesday, November 30th
DECEMBER SESSION:	Thursday, December 1st - Saturday, December 31st
JANUARY SESSION:	Sunday, January 1st - Tuesday, January 31st
FEBRUARY SESSION:	Wednesday, February 1st - Tuesday, February 28th
MARCH SESSION:	Wednesday, March 1st - Friday, March 31st

5 WEEK SESSION PRICES ARE ADJUSTED ACCORDINGLY

**NO DRILL CLASSES WILL BE HELD ON SUNDAY, DECEMBER 25TH **

Check out more at...
GATESTENNISCENTER.INFO

303.355.4461
frontdesk@gatestenniscenter.info

DESCRIPTION OF CLASSES, TYPES OF CLASSES, & THE FINE PRINT

The Fine Print:

- You will be registered for class upon payment.
- If classes are cancelled due to rain, your Gates Tennis Center account will be credited the amount of the class to be used for future purchases at Gates Tennis Center.
- Unfortunately, classes missed on your own account will not be made up.
- Sorry, no refunds within one week of class start date.
- 5 week session prices will be adjusted accordingly.

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.

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 able 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 back court 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. Come on out and try an upper-level class!

"Semi-Private" Drill/Lesson: Organize your own group of 2 or more people for lessons with your favorite pro at your convenience. Please contact the front desk or one of our tennis professionals for more information.