

# ADULT TENNIS DRILLS



**SIGN UP BY THE  
MONTH! DETAILS  
BELOW!**

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



## 2.0 INSTRUCTIONAL CLASSES

Monday.....	5:30pm - 7:00pm
Tuesday.....	9:00am - 10:30am
Wednesday.....	7:00pm - 8:00pm*
Thursday.....	10:30am - 12noon
Saturday.....	10:30am - 12noon
Sunday.....	10:30am - 12noon

## 2.5/3.0 INSTRUCTIONAL CLASSES

Monday.....	10:30am - 12noon
Tuesday.....	5:30pm - 7:00pm
Wednesday.....	9:00am - 10:30am
Wednesday.....	5:30pm - 7:00pm
Saturday.....	12noon - 1:30pm
Sunday.....	9:00am - 10:30am

## 3.0/3.5 DRILL CLASSES

Monday.....	10:30am - 12noon
Monday.....	7:00pm - 8:30pm
Wednesday.....	10:30am - 12noon
Thursday.....	9:00am - 10:30am
Thursday.....	5:30pm - 7:00pm
Saturday.....	9:00am - 10:30am
Sunday.....	12noon - 1:30pm

## 3.5/4.0 DRILL CLASSES

Monday.....	9:00am - 10:30am
Tuesday.....	5:30pm - 7:00pm
Wednesday.....	12noon - 1:30pm
Thursday.....	10:30am - 12noon
Thursday.....	7:00pm - 8:30pm
Saturday.....	10:30am - 12noon
Sunday.....	9:00am - 10:30am

## 4.0/4.5 DRILL CLASSES

Monday.....	12noon - 1:30pm
Monday.....	5:30pm - 7:00pm
Tuesday.....	10:30am - 12noon
Tuesday.....	7:00pm - 8:30pm
Wednesday.....	7:00pm - 8:30pm
Thursday.....	9:00am - 10:30am
Saturday.....	9:00am - 10:30am
Sunday.....	10:30am - 12noon

## CARDIO CLASSES

Tuesday.....	8:30pm - 10:00pm
Thursday.....	8:30pm - 10:00pm
Saturday.....	7:00am - 8:00am*
Saturday.....	8:00am - 9:00am*
Saturday.....	12noon - 1:00pm*
Sunday.....	7:30am - 9:00am

**Traveling through Denver? Wanna add an extra drill?**  
Check out our flyer/new program: **"Friday One & Done Drills"**

## 2023 SESSION DATES

**APRIL SESSION:** April 1st - April 30th; **sign up March 10th at 10am**

**MAY SESSION:** May 1st - May 31st; **sign up April 10th at 10am**

**JUNE SESSION:** June 1st - June 30th; **sign up May 10th at 10am**

**JULY SESSION:** July 1st - July 31st; **sign up June 10th at 10am**

**AUG SESSION:** Aug 1st - Aug 31st; **sign up July 10th at 10am**

**SEPT SESSION:** Sep 1st - Sep 30th; **sign up Aug 10th at 10am**

**OCT SESSION:** Oct 1st - Oct 31st; **sign up Sept 10th at 10am**

**NOV SESSION:** Nov 1st - Nov 30th; **sign up Oct 10th at 10am**

## SESSION COST:

**4-Week Session (1.5 hr).....\$135/session**

\*4-Week Session (1 hr only).....\$99/session

**\*\*5-Week Session (1.5 hr).....\$168.75/session**

\*\*5-Week Session (1 hr only).....\$123.75/session

\*\*A 5-week session only applies if your specific day of the week happens to have 5-weeks in a specific month

- You will be registered for class upon payment.
- If classes are cancelled due to weather, your Gates Tennis Center account will be credited the amount of the class to be used for future purchases at Gates Tennis Center. Must be 40 degrees and dry for class to run.
- 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.



**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 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 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.

Check out more at...

**GATESTENNISCENTER.INFO**

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