



**Tennis & Fitness**  
ACADEMY

# ADULT & SENIOR TENNIS YEAR ROUND PROGRAM

SGI Tennis & Fitness offers you a variety of adult and seniors tennis instructional programs. Whether you are a beginner or perfecting your competitive tournament skills, you'll find a tennis program below to fit your needs.

## DOUBLES.

A perfect program for beginner to intermediate players, focusing on the games of doubles.

- Monday through Friday
- 9am - 10am & 8pm - 9pm
- \$13 per day / \$58 per week
- Offered year-round

- **Doubles live play**
- **Doubles strategy**

## GRAND SLAM.

Engage in fast-paced drills for the advanced competitor (NTRP 3.0 and up). Each day focuses on a different topic.

- Monday through Friday
- 7pm - 8pm & 8pm - 9pm
- \$13 per day / \$58 per week
- Offered year-round

## SGI SATURDAY WORKOUT.

Intended for intermediate to advanced players, this instructional program is designed to strengthen strokes and tactics in your **doubles game**. Saturday focuses on the "tools" needed for quality play - with a maximum 6:1 student-to-pro ratio. 2 hours.

- Saturday
- 8:30am - 10:30am
- \$28 each Saturday
- Offered year-round

*NOTE: Minimum of four participants per session.*

## DAILY DRILLS.

Designed for beginner to intermediate players, the Daily Drills places you in a variety of play-type situations, with emphasis on particular strokes taught in the doubles.

- Monday - Friday
- 10am - 11am & 6pm - 7pm
- \$13 per day / \$58 per week
- Offered year-round

## CARDIO TENNIS.

Enjoy healthy aerobic exercise, while improving your tennis skills! This program includes a warm-up, cardio drills and a cool-down session. Each 1-hour session will have minimum of four participants, maximum of eight.

- Monday through Friday
- 10am - 11am & 7pm - 8pm
- \$13 per day / \$58 per week
- Offered year-round

Note: This is no tennis lesson. Cardio Tennis is a fun fitness program designed to provide players of all skill levels with a high-energy tennis workout.

## PRIVATE LESSONS.

Available all week.

- \$65 per hour
- Offered year-round

CARDIO

DOUBLES

HEALTH

FUN