SGI Tennis & Fitness ACADEMY

ADULT & SENIOR TENNIS PROGRAMS

SGI Tennis Academy programs offer 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. **All programs taught by certified Pro.** Call to register or sign up at the front desk.

CARDIO

DOUBLES

HEALTH

FUN

LEARN TO PLAY

A perfect program for new comers to the sport of tennis. Learn the basic rules and strokes of the game.

- Monday & Wednesday 6:00pm - 7:30pm
- Tuesday & Thursday 10:00am - 11:30am
- $149 member / $169 non-member
- Offered year-round

- 6 week program

GRAND SLAM CLINIC

Engage in fast-paced drills for the advanced competitor (NTRP 4.0 and up). Each day focuses on a different topic.

- Monday through Friday
- 10:00am - 12:00pm & 6:30pm - 8:30pm
- Drop-in fee: $29 member / $35 non-member
- Offered year-round

WEEKEND WORKOUT

Intended for intermediate to advanced players, this instructional program is designed to strengthen strokes and tactics in your singles & doubles game.

- Saturday & Sunday
- 9:00am - 11:00am
- $29 members / $35 non-members
- Offered year-round

CIRCUIT CLINIC

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

- Monday through Friday
- 10:00am - 12:00pm & 6:30pm - 8:30pm
- Drop-in fee: $29 member / $35 non-member
- 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 - Tuesday - Saturday 9am - 10am
- Thursday 6:30pm - 7:30pm
- Drop-in fee: $15 member / $19 non-member
- Offered year-round
Note: This is not a 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.

- $60 per hour
- Offered year-round