



2018 ADULT INSTRUCTIONAL PROGRAM

Session 3: Monday January 8, 2018 – Sunday March 18, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2.0 (ADVANCED BEGINNER) All are instructional leagues Learning to keep the ball in play, but needs to improve court positioning and consistency.	10:30-12:00 pm		9:00 - 10:30 am	12-1:30 pm/ 6:00 - 7:30 pm			4:30 - 6pm
2.5 (LOWER INTERMEDIATE) All are instructional leagues Can play singles and doubles, but needs to improve net play and basic tactics.	10:30 - 12pm 6 - 7:30 pm		1-2:30 pm	9 - 10:30 am			10:00 – 11:30 am
3.0 (INTERMEDIATE) Dependable strokes, but lacks depth and variety. This player lacks consistency when trying for power.		Level Booster 9 - 10:30 am Situational Drill 8 - 9:30 pm	Situational Drill 1 - 2:30 pm				3:00 – 4:30 pm
3.5 (ADV. INTERMEDIATE) Developing the use of lobs, overhands, approach shots and volleys, and is seldom out of position in singles or doubles.	Situational Drill 6 - 7:30 pm						
4.0 (ADVANCED) Hitting with power, spin, depth and control. The serve can be a weapon, and he/she can move into a net position with some success in singles or doubles.							

