

For adults only Create Your Own Camp

Monday, August 6, 2018 - Friday, August 10, 2018



Back by popular demand, a camp you can call your own.
Each program is designed to work on an element of training.
Within each program will be different themes. Courts allocated by NTRP

Program Descriptions:

1. **Level Booster- stroke refinement** through large volume live ball hitting. Mild Technical input. Fast paced work out.
 2. **Stroke of the Day- stroke development** /improvement through fed / live ball play. Heavy Technical Input.
 3. **Situational Drill-** tactical / strategy point play work.
 4. **Cardio Tennis-** heart pumping fitness / movement / conditioning on the tennis court. Fast paced and fun.
- **"41"** - Exciting fast paced doubles game **\$25 per player**

	Monday 8/6	Tuesday 8/7	Weds 8/8	Thurs 8/9	Friday 8/10
9:00 AM	Level Booster Groundstrokes	Level Booster Volley/ Overhead	"41" \$25	Level Booster Groundstrokes/ Volley	Level Booster Doubles
9:30 AM					
10:00 AM	Situational Drill Groundstrokes	"41" \$25	Situational Drill Net Play	Situational Drill Volley/ Transition	Situational Drill Doubles
10:30 AM					
11:00 AM					
11:30 AM					
12:00 - 1:00 pm	Extreme Cardio Tennis	Stroke of the Week Volleys/ Overheads	Extreme Cardio Tennis	Stroke of the Week Serve/ Return	Extreme Cardio Tennis
6:00 - 7:00 pm	Stroke of the Week Forehand/ Backhand	Level Booster Transition Game	Extreme Cardio Tennis	Extreme Cardio Tennis	
7:00 8:00 pm	Situational Drill Singles Groundstrokes	Situational Drill Net Play	Stroke of the Week Volley / Overhead	Level Booster Doubles	

Join Nancy Houglund and Thiago Santos for a camp week like no other.

Deal	1 hour class	\$15
Great Deal	4 classes	\$55
Super Great Deal	6 classes	\$80
Super Duper Special	8 classes	\$105

ALL CLASSES ARE PRE-SIGN UPS. YOU MUST SIGN UP 12 HOURS BEFORE THE CLASS RUNS.

SPACE WILL BE LIMITED - DROP IN AT YOUR OWN RISK.

genesishhealthclubs.com

Please enroll _____ in the classes circled above. _____ OK to house charge