



Create Your Own Camp Week

August 5th – August 9th, 2019



	Monday 8/5	Tuesday 8/6	Wednesday 8/7	Thursday 8/8	Friday 8/9s
9:00-10:00 am	Level Booster <i>groundstrokes</i>	Level Booster <i>Partner drills</i>	41 for 4.0+ Players 9:00 – 10:30 am	Avo-Cardio Tennis <i>(Cardio Tennis followed by Avocado & Toast)</i>	Level Booster <i>Theme: Doubles</i>
10:00 - 11:00 am	Situational Drill <i>Winning at baseline</i>	41 for 3.0+ Players 10:30-12:00			Situational Drill <i>Theme: Doubles</i>
11:00 - 12:00 pm					
12:00 – 1:00 pm	Rapid Fire Drills		Stroke of the Week <i>Theme: Serves & Returns</i>	Level Booster <i>Rush and crush</i>	
1:00-2:00 pm		Situational Drill <i>Learn to play with your partner</i>		Situational Drill <i>Approach / Volley</i>	
6:00 - 7:00 pm	Cardio Tennis	Margarita Cardio Tennis <i>(Cardio Tennis followed by Margaritas)</i>	Rapid Fire Drill	Cardio Tennis	
7:00 – 8:00 pm	Situational Drill <i>Doubles Volley</i>	Level Booster <i>Theme: Ground Strokes</i>	Stroke of the Week <i>Theme: Serves & Returns</i>	Stroke of the Week - <i>Volleys</i>	
8:00 – 9:00 pm		Situational Drill <i>Theme: Transition</i>			

Join the Overland Park and Merriam KCRC Tennis staff for a great summer tune-up.

- 1 class → \$16
- 2 classes → \$32
- 3 classes → \$47
- 4 classes → \$62
- 5 classes → \$76
- 6 classes → \$90
- Unlimited → \$99

Tennis Stretch and Recovery
Classes offered complimentary:

Wednesday 7:10 – 8:00 pm

Thursday 2:10 – 3:00 pm

Please Sign-up 12 HOURS before the class start time – Space is limited!

Call the Front Desk 913-491-4116 to reserve your spot.

See Nancy Hougalnd nhougalnd@genesishealthclubs.com

Or Thiago Santos tsantos@genesishealthclubs.com for information on any of our programs.