

ADULT TENNIS CAMP



Monday, November 27th, 2017 – Friday, December 1st, 2017

Yes – finally a camp you can call your own. Zach Loomis and Tony Tsymbalov have created this program to meet your needs as an adult player. Each program is designed to work on an element of training. Within each program will be different themes.

Program Descriptions:

1. **Level Booster- stroke refinement** through large volume live ball hitting. Mild Technical input.
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. **Extreme Cardio Tennis- heart pumping fitness** /movement/ fast paced and fun.

Times	Monday – 11/27	Tuesday – 11/28	Wednesday - 11/29	Thursday - 11/30	Friday – 12/1
9:00am - 10:00am	Level Booster <i>Groundstroke</i>	Level Booster <i>Volley /Overhead</i>	Level Booster <i>Approach Shot</i>	Level Booster <i>Specialty Shots</i>	Level Booster <i>Doubles</i>
10:00am - 11:00am	Situational Drill <i>Singles Groundies</i>	Situational Drill <i>Doubles Volley</i>		Situational Drill <i>Serve / Return</i>	Situational Drill <i>Doubles</i>
12:00pm - 1:00pm	Cardio Tennis	Stroke of Week <i>Volleys/Overhead</i>	Cardio Tennis	Stroke of Week <i>Serve / Return</i>	Cardio Tennis
6:00pm - 7:00pm	Stroke of the Week <i>Forehand/Backhand</i>	Level Booster <i>Volley /Overhead</i>	Stroke of the Week <i>Volley /Overhead</i>	Level Booster <i>Specialty Shots</i>	
7:00pm - 8:00pm			Cardio Tennis		

Montse Blasco and Tony Tsymbalov for the great week of camp like no other!

FEES – Please check applicable

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| <input type="checkbox"/> 1 Hour Class | | \$15 |
| <input type="checkbox"/> Great Deal | 4 classes | \$55 |
| <input type="checkbox"/> Super Great Deal | 6 classes | \$80 |
| <input type="checkbox"/> Super Duper Deal | 8 classes | \$105 |

All classes are pre-sign up.

YOU MUST SIGN UP 12 HOURS BEFORE THE CLASS RUNS.

For more information please contact Tennis Desk @ 316.634.6111 or
Tony Tsymbalov @ 316.634.6111 ext. 415 or atsymbalov@genesishealthclubs.com