

Monday, October 26<sup>th</sup> – Saturday, October 31<sup>st</sup>



# Play to Win Series

**Play to Win Series** is an Adult Tennis Camp on Steroids. We have combined your favorite classes and put them together into one week of awesome tennis experience. These classes are designed to cover all the aspects of your tennis development while having fun at the same time.

## Program Descriptions:

- 1. Train to Win** - stroke refinement through large volume live ball hitting. Mild Technical input.
- 2. Technique to Win** - stroke development/improvement through fed/live ball play - Technical Input.
- 3. Think to Win**- tactical / strategy point play work.
- 4. Recover to Win** – FREE TheraGun Sessions with Personal Training Staff
- 5. Get Fit to Win** - Cardio Tennis - heart pumping fitness/movement/ conditioning on court with fast paced and fun.

Times	Monday – 10/26	Tuesday - 10/27	Wednesday - 10/28	Thursday - 10/29	Friday – 10/30	Saturday – 10/31
10:00am - 11:00am	Technique to Win <i>Groundstrokes</i>	Train to Win <i>Attack/Defend</i>	Technique to Win <i>Volley/Overhead</i>	Train to Win <i>Serve / Return</i>	Train to Win <i>Specialty Shots</i>	Think to Win <i>Singles Strategy</i>
11:00am - 12:00pm	Train to Win <i>Strike Zones</i>	Think to Win <i>Baseline Strategy</i>	Think to Win <i>Doubles Strategy</i>	Think to Win <i>Use Serve/Return</i>	Think to Win <i>Different "Hats"</i>	Train to Win <i>Groundstrokes</i>
12:00pm - 1:00pm				Cardio Tennis <i>All Levels</i>	BOOOOOOO TRIPLES 6:00 – 8:00pm <i>All Levels</i>	
7:00pm - 8:00pm	Cardio Tennis <i>All Levels</i>	Technique to Win <i>Specialty Shots</i>	Cardio Tennis <i>All Levels</i>	Technique to Win <i>Serve/Return</i>		

**Rock Road Personal Training staff are here to help with Recover to Win**

**FREE THERAGUN Sessions for all the Play to Win Series Participants!!!**

### FEES – Please check applicable

- |                             |           |       |
|-----------------------------|-----------|-------|
| ○ Try Play to Win           | 1 Class   | \$15  |
| ○ Improve your Game         | 4 classes | \$55  |
| ○ Take it to the Next Level | 6 classes | \$80  |
| ○ Become Tennis Warrior     | 8 classes | \$105 |
| ○ Triples                   |           | \$25  |

**All classes are pre-sign up.**

**YOU MUST SIGN UP 12 HOURS BEFORE THE CLASS.**

For more information please contact Tennis Desk @ 316.634.6111 or Tony Tsymbalov [atsymbolov@genesishealthclubs.com](mailto:atsymbolov@genesishealthclubs.com)