



Tennis & Fitness
ACADEMY

ADULT & SENIOR TENNIS PROGRAMS

SGI Tennis Academy programs offer you a variety of adult and seniors tennis instructional programs. Whether you are a beginner or perfecting your competitive tournament skills, you'll find a tennis program below to fit your needs. **All programs taught by certified Pro.** Call to register or sign up at the front desk.

LEARN TO PLAY

A perfect program for new comers to the sport of tennis. Learn the basic rules and strokes of the game.

- Monday & Wednesday 6:00pm - 7:30pm
- Tuesday & Thursday 10:00am - 11:30am
- \$149 member / \$172 non-member

- 6 week program

GRAND SLAM CLINIC

Engage in fast-paced drills for the advanced competitor (NTRP 4.0 and up). Each day focuses on a different topic.

- \$22 member / \$26 non-member
- Call to schedule anytime
- Minimum 3 players

WEEKEND WORKOUT

Intended for intermediate to advanced players, this instructional program is designed to strengthen strokes and tactics in your singles & doubles game.

- Saturday & Sunday
- 9:00am - 10:30am
- \$22 members / \$26 non-members
- Call to register
- Minimum 2 players

CIRCUIT CLINIC

Designed for beginner to intermediate players. The Circuit Clinic places you in a variety of play-type situations, with emphasis on particular strokes taught in doubles.

- \$22 member / \$26 non-member
- Call to schedule anytime
- Minimum 3 players

CARDIO TENNIS

Enjoy healthy aerobic exercise, while improving your tennis skills! This program includes a warm-up, cardio drills and a cool-down session.

- Monday - Tuesday - Saturday 9am - 10am
- Thursday 6:30pm - 7:30pm
- \$15 member / \$19 non-member
- Call to register
- Minimum 2 players

Note: This is not a tennis lesson. Cardio Tennis is a fun fitness program designed to provide players of all skill levels with a high-energy tennis workout.

PRIVATE LESSONS

Available all week.

- \$60 per hour / Buy 4, get 1 FREE!
- Offered year-round

CARDIO

DOUBLES

HEALTH

FUN