



**Tennis & Fitness**  
ACADEMY

# ADULT & SENIOR TENNIS YEAR ROUND PROGRAM

SGI Tennis & Fitness offers 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.



CARDIO

DOUBLES

HEALTH

FUN

## GRAND SLAM DOUBLES

Engage in fast-paced drills for the advanced competitor. Each day focuses on a different topic. Each session focuses on different doubles skills, strategies or tactics, that will improve your game

- Friday
- 6:30pm
- \$20 member / \$25 non-member
- Offered year-round

## 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 & Wednesday
- 6:30pm
- \$20 member / \$25 non-member
- Offered year-round

Note: This is no tennis lesson. Cardio Tennis is a fun fitness program designed to provide players of all skill levels with a high-energy tennis workout.

## ADULT CLINICS

Design for beginner and intermediate players, these classes will focus on fundamentals, improving basic strokes and skills so you can improve your tennis game.

- Tuesday & Thursday
- 6:30pm
- \$20 member / \$25 non-member
- Offered year-round

## ADVANCED TENNIS CLINIC

Develop your skills with advanced tennis techniques while enjoying dynamic real situation exercises that transfer directly to matches.

- Monday & Wednesday
- 6:30pm
- \$20 member / \$25 non-member
- Offered year-round

## PRIVATE LESSONS

Director: \$85 Non-member Member \$68  
Head Pro: \$65 Non-member Member \$52  
Pro: \$56 Non-member Member \$45

*NOTE: Minimum of (4) four participants per session on all programs.*