

PCTC ADULT FALL PROGRAMS 2010



All sessions are 4 weeks long. Prior registration is required. Four participants required for the class to be held.
 There are no refunds or make up classes unless we cancel or reschedule the class.
 For more information contact the Palm Coast Tennis Center at 386-986-2550



CARDIO

High energy, heart pumping fitness!
 Energize your workouts while drastically improving your tennis movements and skills

Thursdays 6:00-7:00 PM
 Fridays 11:30AM-12:30 PM

Member	\$45.00 Per month
Resident	\$50.00 Per Month
Non Resident	\$55.00 Per Month

DYNAMIC 3.5 DOUBLES CLINIC

The class is for players who are at the 3.5 level & working on strokes and various playing scenarios

Tuesdays
 8:30-9:30 AM

Member	\$45.00 Per month
Resident	\$50.00 Per Month
Non Resident	\$55.00 Per Month

DYNAMIC 3.0 DOUBLES CLINIC

This class is for players who are at the 3.0 level & incorporating more tactics and techniques into their all court game

Thursdays
 8:30-9:30 AM

Member	\$45.00 Per month
Resident	\$50.00 Per Month
Non Resident	\$55.00 Per Month

SHOT OF THE WEEK

If you want to work on the one shot at a time, this is the class for you. Different shot every week allows for an overall development of your game.

Mondays 8:30-9:30 AM

Members	\$45.00 Per Month
Resident	\$50.00 Per Month
Non Resident	\$55.00 Per Month

USA I&II TENNIS

Topics covered include grips, footwork, strokes, and point development.

Member	\$45.00 Per Month
Resident	\$ 50.00 Per Month
Non Resident	\$ 55.00 Per Month

Mondays
 5:30-6:30 PM