



# Sun City Programs

April and May

## SPRING PROGRAMS

### Tuesday: Programs by Cindy

9:00 am - 10:00 am  
10:00 am - 11:00 am

3.5 Drill and Play  
3.0/3.5 Doubles Strategies—check weekly for theme **\*\* NEW PROGRAM**

### Tuesday: Programs by Brett

9:00 am - 10 am  
10:00 am - 11 am

Ball Machine Workout—check weekly for theme  
Advanced Beginner's Clinic

### Wednesday: Programs by Brett

9:00 am - 10:00 am  
10:00 am - 11:00 am  
11:00 am - Noon

Beginner's Clinic  
Advanced Beginner's Clinic  
Ball Machine Workout—check weekly for theme **\*\* NEW PROGRAM**

### Thursday: Programs by Gavin

9:00 am - 10:00 am  
10:00 am - 11:00 am  
11:00 am - Noon

3.5 Doubles Tactics and Drills  
2.5 Doubles Drill and Play  
3.0 Doubles Drills

### Saturday: Programs by Cindy

9:00 am - 10:00 am  
10:00 am - 11:00 am

2.5 Drills and Positioning  
3.0 Drills and Positioning

**2:00 pm - 3:00 pm**

**\*\* 1st Saturday of month Ball Machine 101 class to be certified to use the ball machine**

## Program Pricing effective 1/1/22

### Clinics

Daily Clinic 1 hr \$18 per person

### Private Lessons

Private Lesson 1/2 hr 30.00  
Private Lesson 1 hr \$60.00 (Private Lesson Pkg of 10 hrs—\$600.00, get 11th free)  
Semi-Private 1/2 hr \$20 per person  
Semi-Private 1 hr \$34 per person  
Group of 3 1 hr \$25 per person  
Group of 4 or more 1 hr \$20 per person  
Group of 5 1.5 hr \$25 per person  
Team Clinic 1.5 hrs \$20 per person (6-8 players)  
Beginner Clinic 6 x 1 hr \$100 per session (6 weeks)

CALL, EMAIL [LOGO\\_FIT@SCHHCA.COM](mailto:LOGO_FIT@SCHHCA.COM) OR CALL 843-705-4034 TO SIGN UP



# Sun City Programs

## Program Descriptions

### **Drill Clinics**

Each program focuses on a particular shot and you will work it using a variety of drills devised to consolidate the stroke in a playing situation.

### **Men and Women's Doubles Tactics, Drill and Play**

This program works on doubles tactics, positioning and skills. The focus is on teaching you how to move as one with your partner and minimize avoidable errors.

### **Theme of the Week**

Each week a theme is selected by the coach. The players then focus on that specific part of the game. An example would be defense vs offence; or defending against the big serve; or how to deal with a weak second serve, etc.

### **Ball Machine Clinic**

Hit a lot of balls in this 1 hour workout using the ball machine. Our Pro's will vary the speed, depth, and height of the approaching ball so that you work on a wide variety of shots. Each week will focus on different strokes for players to work on.

### **4 & a Pro**

If you have friends or team members who you would like to arrange a specialized clinic with, then reach out to any of our Professional Staff and they will set you up.

### **Beginner Clinic**

New to the game? We are here to start at the beginning, teach you the basics and beyond! Give the staff in the Logo Building your name and contact information if you are interested in this program.

### **Advanced Beginner Clinic**

Once you have completed the 6 week beginner program, you then progress into this one. The coach will add to your understanding of the game, the rules, where to stand to play doubles and work on your stroke development.