



Sun City Programs

September and October

DAILY PROGRAMS

Monday: Programs by Bunnie

11:00 am - Noon

3.0 Boot Camp with Bunnie

Tuesday: Programs by Cindy

9:00 am - 10:00 am

3.0 Drill and Play

10:00 am - 11:00 am

3.0/3.5 Doubles Strategies—check weekly for theme

Tuesday: Programs by Brett

9:00 am - 10 am

2.5/3.0 Live tennis workout **** NEW PROGRAM**

10:00 am - 11 am

Advanced Beginner's Clinic

Wednesday: Programs by Brett

9:00 am - 10:00 am

Beginner's Clinic

10:00 am - 11:00 am

Advanced Beginner's Clinic

11:00 am - Noon

Ball Machine Workout—check weekly for theme

Thursday: Programs by Gavin

9:00 am - 10:00 am

3.5 Doubles Tactics and Drills

10:00 am - 11:00 am

2.5 Doubles Drill and Play

11:00 am - Noon

3.0 Doubles Drills

Saturday: Programs by Cindy

9:00 am - 10:00 am

2.5 Drills and Positioning

10:00 am - 11:00 am

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 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.

Bunnie's Bootcamps

Come on out, it's not like any Bootcamp you've ever experienced!! Hit lots of balls, get lots of exercise, laugh a lot and learn Bunnie Tennis. Your game will get a boost and your partners will love you!!!

Live Tennis

This high energy program is geared to 2.5 to 3.0 players. A minimum of 4 and maximum of 6 players required. The program includes high energy doubles tennis games where players are in perpetual motion. Challenges start with fed balls from the pros followed by plenty of fast-paced doubles action. It is fast paced, fun, competitive and will help to heighten your reaction speed. It also develops passing shots, footwork and agility.

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.