



Sun City Programs

May and June 2024

DAILY PROGRAMS

Tuesday: Programs by Dale

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

2.5 Doubles Strategies—check weekly for theme
3.0 Doubles Strategies—check weekly for theme

Tuesday: Programs by Brett

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

Beginner 6 week Program—check weekly for openings
Advanced Beginner 6 week Program

Wednesday: Programs by Brett

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

Beginner 6 week Program—check weekly for openings
Ball Machine Workout—check weekly for theme
Ball Machine Workout—check weekly for theme

Thursday: Programs by Gavin or Brett

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

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

Saturday: Programs by Dale

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

2.5 Drills and Positioning
3.0 Drills and Positioning
Cardio Live Ball Drills—all levels **** NEW PROGRAM**

2:00 pm - 3:00 pm

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

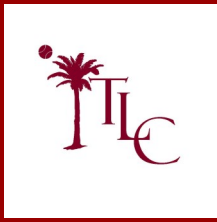
Program Pricing effective 1/1/24

Clinics

Daily Clinic 1 hr \$20 per person

Private Lessons

Private Lesson 1/2 hr 33.00
Private Lesson 1 hr \$65.00 (Private Lesson Pkg of 10 hrs—\$650.00, get 11th free)
Semi-Private 1/2 hr \$22 per person
Semi-Private 1 hr \$37 per person
Group of 3 1 hr \$28 per person
Group of 4 or more 1 hr \$22 per person
Group of 4 1.5 hr \$33 per person
Group of 5 1.5 hr \$28 per person
Team Lesson 1.5 hrs \$22 per person (6-8 players)
Beginner Program 6 x 1 hr \$115 per session (6 weeks)
Advanced Beg. Program 6 x 1 hr \$115 per session (6 weeks)



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.