

# Sun City Programs

JANUARY THROUGH MARCH 2025

## DAILY PROGRAMS

### Tuesday: Programs by Dale

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

Cardio Live Ball Drills—all levels  
3.0 Doubles Strategies—check weekly for theme

### Tuesday: Programs by Brett

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

Beginner 6 week Program—check weekly for openings  
Advanced Beginner 6 week Program  
3.5 Doubles Drills

### 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

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

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

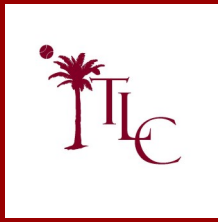
## Program Pricing effective 1/1/25

### Clinics

Daily Clinic 1 hr \$20 per person

### Private Lessons

Private Lesson 1/2 hr 33.00 (Private Lesson Pkg of 10 1/2hr lessons — \$330.00, get 11th free)  
Private Lesson 1 hr \$65.00 (Private Lesson Pkg of 10 1 hr lessons — \$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)



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## 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.

### **Cardio Tennis Workout**

Come join our 30 minute cardio tennis workout session, using tennis drills and games to deliver the ultimate full body aerobic workout for all ability levels. Followed by 30 minutes of LIVE BALL TENNIS. A quick fun way to sharpen up on your doubles game.

### **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.