



Sun City Programs

JANUARY THROUGH APRIL 2025

DAILY PROGRAMS

Tuesday: Programs by Dale

9:00 am - 10:00 am

Cardio Live Ball Drills—all levels

10:00 am - 11:00 am

3.0 Doubles Strategies—check weekly for theme

Tuesday: Programs by Brett

9:00 am - 10 am

Beginner 6 week Program—check weekly for openings

10:00 am - 11 am

Advanced Beginner 6 week Program

11:00 am - Noon

3.5 Doubles Drills

Wednesday: Programs by Brett

9:00 am - 10:00 am

Beginner 6 week Program—check weekly for openings

10:00 am - 11:00 am

Ball Machine Workout—check weekly for theme

11:00 am - Noon

Ball Machine Workout—check weekly for theme

Thursday: Programs by Gavin or Brett

9:00 am - 10:00 am

2.5 Doubles Tactics and Drills

10:00 am - 11:00 am

3.5 Doubles Drill and Play

11:00 am - Noon

3.0 Doubles Drills

Saturday: Programs by Dale

9:00 am - 10:00 am

2.5 Drills and Positioning

10:00 am - 11:00 am

3.0 Drills and Positioning

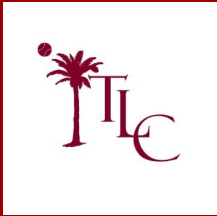
11:00 am - Noon

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**

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.

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.

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)