



# Sun City Programs

MAY THROUGH AUGUST 2025

## DAILY PROGRAMS

### Tuesday: Programs by Dale

9:00 am - 10:00 am	2.5 Doubles Strategies
10:00 am - 11:00 am	3.0 Doubles Strategies
11:00 am - Noon	3.5/4.0 Doubles Drills and Play

### 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

### 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

8:00 am - 9:00 am	Cardio Live Ball Drills—all levels
9:00 am - 10:00 am	2.5 Drills and Positioning
10:00 am - 11:00 am	3.0 Drills and Positioning

## Program Pricing effective 1/1/25

### Clinics

Daily Clinic 1 hr	\$20 per person
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### 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.