SEMINOLE COUNTY
FLORIDA'S NATURAL CHOICE

Leisure Services Department **Parks and Recreation**

# Adult Group Tennis Lessons

## November – December

***NO CLASSES: Wednesday 11/23 Thursday 11/24 Saturday 11/26**

### Development

| | | | |
|---|---|---|---|
| Monday | 10 a.m. – 11 a.m. | Nov. 7 – Dec. 12 | $54 |
| Monday | 7 p.m. – 8 p.m. | Nov. 7 – Dec. 12 | $54 |
| Wednesday* | 7 p.m. – 8 p.m. | Nov. 9 – Dec. 14 | $45 |
| Thursday* | 9 a.m. – 10 a.m. | Nov. 10 – Dec. 15 | $45 |
| Thursday* | 7 p.m. – 8 p.m. | Nov. 10 – Dec. 15 | $45 |
| Saturday* | 9 a.m. – 10 a.m. | Nov. 12 – Dec. 17 | $45 |

### Intermediate

| | | | |
|---|---|---|---|
| Monday | 11 a.m. – 12 p.m. | Nov. 7 – Dec. 12 | $54 |
| Tuesday | 7 p.m. – 8 p.m. | Nov. 8 – Dec. 13 | $54 |
| Thursday* | 10 a.m. – 11 a.m. | Nov. 10 – Dec. 15 | $45 |
| Thursday* | 7 p.m. – 8 p.m. | Nov. 10 – Dec. 15 | $45 |
| Saturday* | 10 a.m. – 11 a.m. | Nov. 12 – Dec. 17 | $45 |

### Advanced

| | | | |
|---|---|---|---|
| Wednesday* | 7 p.m. – 8 p.m. | Nov. 9 – Dec. 14 | $45 |
| Saturday* | 8 a.m. – 9 a.m. | Nov. 12 – Dec. 17 | $45 |

### Strategy

| | | | |
|---|---|---|---|
| Monday | 7 p.m. – 8 p.m. | Nov. 7 – Dec. 12 | $54 |
| Thursday* | 11 a.m. – 12 p.m. | Nov. 10 – Dec. 15 | $45 |

**REGISTRATIONS ARE TO BE DONE IN PERSON ONLY**
**ACCEPTABLE PAYMENT OPTIONS: CASH OR CHECK PAYABLE TO "SEMINOLE COUNTY"**
**CREDITS ARE ISSUED FOR RAIN-OUTS AND MEDICALLY EXCUSED ABSENCES ONLY**
**PROGRAM DESCRIPTIONS LISTED ON BACK PAGE**

IT STARTS IN PARKS
Coaching. Connecting. Community.

Commission for Accreditation of Park and Recreation Agencies CAPRA ACCREDITED

USTA find yourself in the game FLORIDA

**Sylvan Lake Park (407) 665-2180**
845 Lake Markham Road Sanford, FL 32771
• RAIN OUT LINE: (407) 665-PARK (7275)
Open M - F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.
**www.seminolecountyfl.gov/parks**

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# Adult Tennis Lessons Overview

**Tennis for the "Health of It."** Tennis is the sport of a lifetime and you are never too old to start. It provides *aerobic and anaerobic fitness* by improving your cardiovascular fitness and maintaining high levels of energy by offering short, intense bursts of activity followed by short periods of rest which helps muscles use oxygen efficiently. It strengthens bones of younger players and helps prevent osteoporosis in older ones. Certified professionals help make this program fun and provide a great learning environment for the early stages of competition. **Have fun and stay fit!**

## Development

- For the new player! Grips, footwork, forehand and backhand ground strokes, volleys and serve will be introduced.

## Intermediate

- Participants will focus on coordinating movement and balance, hitting the ball with purpose and direction, and improve skill level through strengthening of the fundamentals learned in the Beginner level.

## Advanced

- Emphasis will be on incorporating skills into playing situations. Topspin and slice will be introduced. Drills and playing situations to include ball movement and control of varying ball speeds with shot anticipation.

## Strategy

- The strategy lessons are designed for the player who has successfully completed the Development and Advanced levels and must have the recommendation of a Sylvan tennis professional. Emphasis is on singles and doubles strategies and incorporates the Four (4) "F's": Fundamentals, Footwork, Fitness, and Fun!! The one hour class combines strategy instruction with practice and match play and includes structured drills and on court games to improve player skills, tactics, and techniques. Participants are organized by skill level in-groups of 6 to 8 players. The doubles strategy class is recommended prior to participating in the round robin program.

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