



Leisure Services Department **Parks and Recreation**

Adult Group Tennis Lessons May - June 2015

Development

* = no class: 5/25, 7/4

Monday*	9am - 10am	May 4 - Jun 29	36843	\$72
Tuesday	7pm - 8pm	May 5 - Jun 30	36831	\$81
Wednesday	7pm - 8pm	May 6 - Jul 1	36832	\$81
Thursday	9am - 10am	May 7 - Jul 2	36840	\$81
Thursday	7pm - 8pm	May 7 - Jul 2	36835	\$81
Saturday*	9am - 10am	May 9 - Jun 27	36834	\$72

Intermediate

* = class at Greenwood Lakes Park

* = no class: 5/25

Monday**	11am - 12pm	May 4 - May 18	36844	\$27
Monday**	11am - 12pm	Jun 1 - Jun 29	36845	\$45
Tuesday	7pm - 8pm	May 5 - Jun 30	36833	\$81
Thursday	7pm - 8pm	May 7 - Jul 2	36842	\$81

Advanced

* = no class: 7/4

Wednesday	7pm - 8pm	May 6 - Jul 1	36836	\$81
Thursday	10am - 11am	May 7 - Jul 2	36841	\$81
Saturday*	10am - 11am	May 9 - Jun 27	36837	\$72

Strategy

* = no class: 5/25

Monday*	7pm - 8pm	May 4 - Jun 29	36838	\$72
Thursday	11am - 12pm	May 7 - Jul 2	36839	\$81

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

GREENWOOD LAKES PARK: 660 GREEN WAY BLVD., LAKE MARY, FL 32746

IT STARTS IN
PARKS
Coaching. Connecting. Community.



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



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.