

ADULT TENNIS

WEEKLY SIGN-UP



The weekly sign-up clinics & match play are designed for your convenience. Register weekly by placing your name on the sign-up sheets located at the club or contact Tennis Director Geoffrey Jagdfeld to have your name put on the list.

Registration is required 24 hours in advance.

Contact Tennis Director Geoffrey Jagdfeld at (914) 962-4094 geoff@solarisclubs.com

Adult Open Drills

Open drills are designed to help players eliminate weaknesses in their game, while fine tuning their strengths and improving stroke dependability. Our coaches will help you develop a winning strategy through innovative drills, games and strategy sessions.

| <u>DAY</u> | <u>TIME</u> | <u>PRO</u> |
|------------|---------------|-----------------|
| Friday | 9:00-10:30AM | Marty Fried |
| Friday | 10:30-12:00PM | Larry Hartfield |
| Saturday | 9:00-10:30AM | Steve Gervickas |
| Cost: | \$25 member | \$35 non-member |
| Saturday | 9:00-10:00am | Larry Hartfield |
| Cost: | \$20 member | \$25 non-member |

Cardio Tennis

Cardio Tennis is a new, fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool-down phases. If you want to find a healthy, new way to get in shape and to burn calories, you ought to try Cardio Tennis.

| <u>DAY</u> | <u>TIME</u> | <u>PRO</u> |
|------------|---------------|-----------------|
| Monday | 8:30-9:30AM | Geoff Jagdfeld |
| Wednesday | 12:30-1:30PM | Geoff Jagdfeld |
| Thursday | 11:00-12:00PM | Larry Hartfield |
| Friday | 12:00-1:00PM | Larry Hartfield |
| Cost: | FREE member | \$25 non-member |

Try Tennis

Never played tennis or if you have not played in years our Try Tennis Program is for you. Our expert teaching staff will go over the basics of the game and have you playing in no time.

| <u>DAY</u> | <u>TIME</u> | <u>PRO</u> |
|------------|--------------|-----------------|
| Saturday | 12:00-1:00PM | Larry Hartfield |
| Sunday | 1:00-2:00PM | Marty Fried |
| Cost: | FREE member | \$25 non-member |

Stroke of the Week

All Levels - Instructional tennis clinic to refine your shot technique and efficiency. Learn a new stroke or refine an old one. Our tennis staff will show you the way to improvement. See bulletin board for weekly topics.

| <u>DAY</u> | <u>TIME</u> | <u>PRO</u> |
|------------|--------------|-----------------|
| Monday | 9:30-10:30AM | Steve Gervickas |
| Tuesday | 12:00-1:00PM | Marty Fried |
| Sunday | 12:00-1:00PM | Marty Fried |
| Cost: | FREE member | \$25 non-member |