

## TENNIS DRILL



## SCHEDULE

- **ADULT STARTER TENNIS DRILLS**

**TUESDAYS 6:00 PM, THURSDAYS 9:00 AM, SUNDAYS 9:00 AM**

NEVER HELD A RACQUET, BUT ALWAYS FELT LIKE YOU BELONGED ON THE COURT? THIS IS THE RIGHT CLASS FOR YOU. ENJOY EXPLORING THE FUNDAMENTALS OF OUR SPORT WITH OUR EXPERIENCED AND PATIENT STAFF. ACQUIRE PROPER TECHNIQUE AND MOVE UP THE LEVEL LADDER.

*INSTRUCTORS: GABE HARMAT AND KENNY PUVOGEL*

- **ADVANCED BEGINNERS**

**THURSDAYS 10:00 AM, SUNDAYS 11:00 AM**

GRADUATED FROM OUR FREE ADULT STARTER PROGRAM? CONGRATULATIONS! THIS DRILL CLASS IS THE PERFECT NEXT STEP FOR YOU. GET READY FOR MORE CHALLENGING DRILLS AND HIGHER LEVEL PLAYERS!

*INSTRUCTORS: COACH KP AND GABE HARMAT*

- **CARDIO TENNIS**

**MONDAYS 8:00 AM, FRIDAYS 9:00 AM & 10:00 AM**

A FAST-MOVING HOUR OF DRILLS AND COMPETITIVE GAMES. QUICK TIPS ON GROUNDSTROKES, VOLLEYS AND OVERHEADS. CARDIO-BASED TENNIS DRILLS TOPPED OFF WITH THE BELOVED TRIPLES GAME.

*INSTRUCTOR: DANNY SALTZ*

- **DOUBLES STRATEGY**

**SUNDAYS 10:00 AM**

THE PASEO CLUB IS HAPPY TO INTRODUCE A NEW DOUBLES STRATEGY-FOCUSED DRILL. LEARN HOW TO ESTABLISH PATTERN PLAY, HONE YOUR MATCH PLAY SKILLS, AND PUT IT ALL ON THE LINE EVERY SIX WEEKS FOR A LITTLE TOURNEY COMPETITION. THE COMPETITION FOLLOWS DRILL PRACTICE.

*INSTRUCTOR: GABE HARMAT*

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## SCHEDULE

- **USTA TEAM DRILL**

**THURSDAYS 11:00 AM**

GET READY FOR YOUR LEAGUE MATCHES AND EXPAND YOUR STRATEGIC OPTIONS. SUFFERING LOBS AND ILL ADVISED NET ATTACKS ARE A THING OF THE PAST. TIME TO DOMINATE IN DOUBLES!!

*INSTRUCTOR: GABE HARMAT*

- **H.I.T.T – HIGH-INTENSITY TENNIS TRAINING**

**6:00 PM WEDNESDAYS, SATURDAYS 10:00 AM**

GET READY BECAUSE THIS IS ONE HIGH-INTENSITY DRILL PROGRAM! YOU WILL FACE CONE DRILLS, LADDERS, HURDLES, AND MORE ASSORTED GOODIES. THERE ARE SEVERAL FAST-FEEDING DRILLS AND GAMES. YOU SHOULD ONLY SIGN UP IF YOU WANT TO RUN AND EXERCISE INTENSELY!

*INSTRUCTOR: COACH KP*

- **LIVE BALL**

**TUESDAYS 9:00 AM & 5:00 PM & 7:00 PM, WEDNESDAYS 9:00 AM, THURSDAYS 9:00 AM & 10:00 AM, THURSDAYS 6:00 PM, FRIDAYS 5:00 PM & 6:00 PM**

JOIN US FOR A FUN NEW DRILL! FAST-PACED AND ENGAGING, YOU'LL HIT TONS OF BALLS AND GET A LOT OF POINT PLAY EXPERIENCE. RUN LIKE AN EXTENDED VERSION OF "KING OF THE COURT." THE NON-STOP ACTION WILL LEAVE LITTLE TIME TO THINK AND WILL MAKE YOU FOCUS ON HITTING THE BALL. THIS FORMAT IS GREAT FOR PLAYERS OF ALL LEVELS BECAUSE IT HELPS ACCELERATE THE LEARNING PROCESS.

*INSTRUCTOR: COACH KP*

- **RISE AND SHINE, REVELRY AND RALLY**

**SATURDAYS 8:00 AM, SUNDAYS 8:00 AM**

KP'S FUN, NEW SATURDAY / SUNDAY MORNING DRILL. WAKE UP ON THE COURT WITH LIVE BALL POINTS PLAY. PRIMARILY FOCUSED ON DOUBLES.

*INSTRUCTOR: COACH KP*

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- **SERVES & VOLLEYS DRILL CLASS**  
**TUESDAYS 6:00 PM**

THIS CLASS FOCUSES ON TWO IMPORTANT PLAYING SITUATIONS — SERVES AND VOLLEYS. SERVING IS THE MOST CRITICAL PLAYING SITUATION IN TENNIS. WE DON'T WANT TO DREAD OUR SERVES. WE WANT TO TAKE ADVANTAGE OF GETTING TO START THE POINT. WHEN IT COMES TO DOUBLES, EQUALLY IMPORTANT IS THE NET GAME. THEREFORE, VOLLEYS WILL BE ANOTHER BIG ASPECT OF THIS CLASS.

*INSTRUCTOR: RENÉ HEGER*

- **GENERAL ADULT DRILL CLASS**  
**3.0 -3.4 - TUESDAYS 9:00 AM -- LEVEL 3.5+ THURSDAYS 6:00 PM**

THE LEVEL DICTATES THE INTENSITY AND DIFFICULTY OF THE DRILLS. BEGINNERS' FEEDS ARE AT A SLOWER PACE WITH SIMPLER DRILLS THAT FOCUS MORE ON FUNDAMENTALS. MORE ADVANCED TRAINING IS TAUGHT AS THE LEVEL OF SKILL INCREASES. POINTS PLAY / LIVE BALL IS ALWAYS A COMPONENT AS WELL.

*INSTRUCTORS: COACH KP, COACH JACKIE, GABE HARMAT*

- **TRAINING AND COMPETITION**  
**TUESDAYS 10:00 AM**

SIGN UP FOR 4 WEEKS OF TRAINING TO GET YOU READY FOR THE DOUBLES ROUND ROBIN IN WEEK 5 AND WITH PRIZES.

*INSTRUCTOR: GABE HARMAT*

- **TRIFECTA TENNIS**  
**MONDAYS 9:00 AM, WEDNESDAYS 10:00 AM**

THE "TENNIS TRIFECTA CLASS" IS A GREAT HOUR OF FUN AND INTERACTIVE DRILL PLAY! FOR PLAYERS 3.0 AND ABOVE, YOU'LL PARTICIPATE IN THREE GAMES DURING EACH DRILL, INCLUDING FAVORITES LIKE KING OF THE COURT, WINNERS & LOSERS, HAT TRICK, HOT SEAT, AND MORE!

*INSTRUCTOR: COACH KP*