



A Plus Tennis

A Plus is excited to extend the adult programming at Burke Racquet and Swim Club in the fall! Below are the classes that will be offered in the next 4 week session. Coach Nahom will be coaching a few classes as well this session, those are next to the time/date of the classes he'll be teaching!

Cardio, FUNdamental, Stroke of the Week, MatchPoint, and Doubles Strategy

(participants can sign up for multiple classes if they'd like)

Cardio (March 16th – April 9th)

This Cardio and Reps class will be a very fun, fast paced class with each adult hitting hundreds of balls while getting some great movement and footwork in. The emphasis will be on tennis specific footwork (side shuffling, ladders, up and back, etc) making use of various stations. This class is designed for adults to get a great workout, while hitting a lot of balls **NO MATTER THE LEVEL**. There will not be many (if any) games in this class, as it will be focused on drills and footwork! Music may be incorporated during this class to enhance the energy level 😊

- Participants must register by sending an email to jimmyl@aplustennisva.net with the dates of the desired classes! (players interested in registering for multiple classes, please include **all** requested dates. Dates are below)
- **Participants must receive a confirmation email prior to attending the class!**
- This will be a 4 week session with 12 total classes of Cardio and Reps. The dates are: 03/16, 03/17, 03/19, 03/23, 03/24, 03/26, 03/30, 03/31, 04/02, 04/06, 04/07, 04/09.
- The class maximum will be 7 adults per court (must have a minimum of 4 participants).
- **Member price for each 1hr class: \$20/class. Non-member price: \$25.**

Tuesdays: 11:30-12:30pm

Wednesdays: 9:30-10:30am

Fridays: 10:30-11:30am

FUNdamental/Beginner (March 16th – April 8th)

This fundamental adult class will provide the the basic skills and knowledge needed for long term success and enjoyment of tennis! Participants will learn all strokes (forehands, backhands, volleys, overheads, serves) and be able to hit many balls with a smaller adult to coach ratio (5:1) for more focus on technique, control, and positioning.

- Participants must register by sending an email to jimmyl@aplustennisva.net with the dates of the desired classes! (players interested in registering for multiple classes, please include **all** requested dates. Dates are below)
- **Participants must receive a confirmation email prior to attending the class!**
- This will be a 4 week session with 8 total classes of the Fundamental/Beginner class. The dates are: 03/16, 03/18, 03/23, 03/25, 03/30, 04/01, 04/06, 04/08.
- The class maximum is 5 adults (minimum of 3) per court for a smaller coach to adult ratio.
- **Member price for each 1hr class: \$25. Non-member price: \$30.**

Tuesdays: 10:30-11:30am

Thursdays: 11:00-12:00pm (Coach Nahom)



Stroke of the Week (March 17th – April 7th)

This stroke of the week class will be a great opportunity to develop your tennis skills and focus more specifically on certain shots. Each week will be a different shot that we focus the class around. Whether that be positioning, contact points, form, control or anything else, we will go over it all for each stroke. You will be hitting many balls for that specific stroke to improve it to the best of your ability!

- **Week 1** (03/17): Serves
 - **Week 2** (03/24): Groundstrokes (forehands & backhands)
 - **Week 3** (03/31): Volleys & Overheads
 - **Week 4** (04/07): Touch/Feel (includes FH & BH slices & dropshots)
- Participants must register by sending an email to jimmyl@aplustennisva.net with the dates of the desired classes! (players interested in registering for multiple classes, please include **all** requested dates. Dates are below)
 - **Participants must receive a confirmation email prior to attending the class!**
 - This will be a 4 week session with 4 total classes of Stroke of the Week. The dates are: 03/17, 03/24, 03/31, 04/07.
 - The class maximum is 5 adults (minimum of 2) per court for a smaller coach to adult ratio.
 - **Member price for each 1hr class: \$30. Non-member price: \$35.**

Wednesday: 12-1pm

MatchPoint/Doubles play (March 15th – April 8th)

This Match Point class will be a mix of fast paced doubles games, doubles point play, and a lot of movement! Adults will be focusing on doubles strategy, court positioning and shot selection to set themselves up for the best chance to win that point! This class will be 1.5 hours; a lesson plan for one of these classes could look like: 5-10 min. warmup, 30-40 mins of doubles games (at net and at baseline), and then 30-40 minutes of doubles play and doubles situational points to simulate match situations.

- Participants must register by sending an email to jimmyl@aplustennisva.net with the dates of the desired classes! (players interested in registering for multiple classes, please include **all** requested dates. Dates are below)
- **Participants must receive a confirmation email prior to attending the class!**
- This will be a 4 week session with 8 total classes of the MatchPoint/Doubles play class. The dates are: 03/15, 03/18, 03/22, 03/25, 03/29, 04/01, 04/05, 04/08.
- The class maximum is 6 adults (minimum of 3) per court.
- **Member price for each 1.5hr class: \$37.50. Non-member price: \$45.**

Monday: 10:30-12pm

Thursday: 9:30-11am (Coach Nahom)



Doubles Strategy 4 Week Session (March 17th – April 7th)

This NEW class will be a doubles strategy progression class and will **NOT** have drop ins. This class will have a set roster and have the same adults each week so we can work on doubles progression with the specific group! We will be covering doubles positioning, strategy, point play, shot selection, etc and I will put together a lesson plan that is tailored for the adults in the class! This will be a 1.5 hour class once a week and again, will not be allowing drop ins so when you register for the class, you are registering for the entire 4 week session (4 total classes)!

- Participants must register by sending an email to jimmyl@aplustennisva.net with the dates of the desired classes! (players interested in registering for multiple classes, please include **all** requested dates. Dates are below)
- **Participants must receive a confirmation email prior to attending the class!**
- This will be a 4 week session with 4 total classes of the doubles strategy class!
- The class maximum is 6 adults (minimum of 3) per court.
- **Member price for the session:** \$140 (\$35/class). **Non-member price:** \$170 (\$42.50/class)

Wednesdays: 10:30-12pm

For more information regarding tennis at Mantua contact tennispro@mantuastc.com.

For information regarding A Plus Tennis contact aplus@aplustennisva.net.