



# A Plus Tennis

**A Plus is excited to begin the adult programming at Burke Racquet and Swim Club for the fall! Below are the classes that will be offered in the first 4 week session. We will likely have 3, 4 week sessions!**

## **Cardio, FUNdamental, Stroke of the Week, MatchPoint**

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

### *Cardio (Jan 11<sup>th</sup> – Feb 5<sup>th</sup>)*

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](mailto: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: 01/11, 01/13, 01/15, 01/18, 01/20, 01/22, 01/25, 01/27, 01/29, 02/01, 02/03, 02/05.
- 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.**

**Monday: 9:30-10:30am**

**Wednesday: 9:30-10:30am**

**Friday: 9-10am**

### *FUNdamental/Beginner (Jan 12<sup>th</sup> – Feb 4<sup>th</sup>)*

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](mailto: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: 01/12, 01/14, 01/19, 01/21, 01/26, 01/28, 02/02, 02/04.
- 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.**

**Tuesday: 10:30-11:30am**

**Thursday: 12-1pm**



## *Stroke of the Week (Jan 13<sup>th</sup> – Feb 3<sup>rd</sup>)*

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** (01/13): Serves
  - **Week 2** (01/20): Groundstrokes (forehands & backhands)
    - **Week 3** (01/27): Volleys & Overheads
  - **Week 4** (02/03): Touch/Feel (includes FH & BH slices & dropshots)
- Participants must register by sending an email to [jimmyl@aplustennisva.net](mailto: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: 01/13, 01/20, 01/27, 02/03.
  - 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 (Jan 11<sup>th</sup> – Feb 5<sup>th</sup>)*

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](mailto: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 the MatchPoint/Doubles play class (including MLK day). The dates are: 01/11, 01/13, 01/15, 01/18, 01/20, 01/22, 01/25, 01/27, 01/29, 02/01, 02/03, 02/05.
- 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**

**Wednesday: 10:30-12pm**

**Friday: 10-11:30am**

*For information regarding A Plus Tennis contact [jimmyl@aplustennisva.net](mailto:jimmyl@aplustennisva.net).*