



Adults Programs 10/11



| | Description | Technical | Tactical | Notes |
|---|--|--|--|---|
| <p>1.0 – 1.5</p> <p>BEGINNERS</p> | <p>-The goal of the program is to create a desire and a passion for the game</p> <p>-The program aims at continuous development of players for recreational level</p> <p>-Max. 6 players per court</p> | <p>-Introduction and development of ground strokes</p> <p>-Introduction and development of net play</p> <p>-Introduction and development of serve and return</p> <p>-Introduction and development of footwork patterns</p> | <p>-Understanding of court geometry</p> <p>-Introduction of point construction</p> | <p>- Week Days: Evening</p> <p>- 1hr/Week</p> <p>- 12 Weeks: \$192</p> |
| <p>2.0 – 2.5</p> <p>LOW-INTERMEDIATE</p> | <p>-The goal of the program is to maintain a desire and a passion for the game</p> <p>-The program aims at continuous development of players for advanced recreational level</p> <p>-Max. 6 players per court</p> | <p>-Introduction and development of stroke variation (topspin and slice on ground strokes, spin serve)</p> <p>-Development of net play</p> <p>-Development of serve and return</p> <p>-Development of footwork patterns</p> | <p>-Development of point construction in singles</p> <p>-Development of point construction in doubles</p> <p>-Introduction of playing with a game plan</p> | <p>- Week Days: Evening</p> <p>- 1hr/Week</p> <p>- 12 Weeks: \$192</p> |
| <p>3.0 – 3.5</p> <p>HIGH-INTERMEDIATE</p> | <p>-The goal of the program is to maintain a desire and a passion for the game</p> <p>-The program aims at continuous development of players for intermediate level and prepares them for league play</p> <p>-Max. 4 players per court</p> | <p>-Development and integration of advanced stroke variation</p> <p>-Development and integration of net play</p> <p>-Development and integration of serve and return</p> <p>-Integration of intermediate footwork patterns</p> | <p>- Development and integration of point construction in singles</p> <p>-Development and integration of point construction in doubles</p> <p>-Development and integration of playing with a game plan and personal game style</p> | <p>- Week Days: Evening</p> <p>- 1hr/Week</p> <p>- 12 Weeks: \$288</p> |
| <p>4.0 – 5.0</p> <p>ADVANCED</p> | <p>-The goal of the program is to maintain a desire and a passion for the game</p> <p>-The program aims at continuous development of players for advanced level and prepares them for tournament and league play</p> <p>-Max. 4 players per court</p> | <p>-Development and integration of advanced stroke variation</p> <p>-Integration and refinement of net play</p> <p>-Integration and refinement of serve and return</p> <p>-Integration and refinement of advance footwork patterns</p> | <p>- Integration and refinement of point construction in singles</p> <p>-Integration and refinement of point construction in doubles</p> <p>-Integration and refinement of playing with a game plan and personal game style</p> | <p>- Week Days: Evening</p> <p>- 1hr/Week</p> <p>- 12 Weeks: \$288</p> |

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-Morning classes can be arranged upon request

