

# DESERT PRINCESS COUNTRY CLUB ATHLETIC CENTER - WEEKLY ACTIVITIES

<b>MONDAY'S</b>	JUNIOR TENNIS(all ages)	3:30 – 5:30pm
	SQUASH(drop in play)	5:00 – 7:00pm
<b>TUESDAY'S</b>	POWER HOUR( cardio tennis)	9 – 10:30am
	PICKLEBALL(drop in play)	2 – 4pm
<b>WEDNESDAY'S</b>	DOUBLES STRATEGY(tennis)	9 – 10:30am
	YOGA(racquetball court #1)	10:30 – 12noon
	SQUASH(drop in play)	5:00 – 7:00pm
	JUNIOR TENNIS( all ages)	3:30 – 5:30pm
<b>THURSDAY'S</b>	POWER HOUR(cardio tennis)	9 – 10:30 am
	PICKLEBALL(drop in play)	2 – 4pm
<b>FRIDAY'S</b>	BACK TO BASICS(beginner tennis)	9 – 10am
	JUNIOR TENNIS(all ages)	3:30 – 5:30pm
	SQUASH(drop in play)	5:00 – 7:00pm
<b>SATURDAY'S</b>	PRACTICE CLINIC(3.0 & up tennis)	9 – 10:30am
<b>SUNDAY'S</b>	SQUASH(drop in play)	7 – 9am

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MOORE TENNIS ACADEMY

HOURS Mon – Fri: 7am – 7pm

Sat & Sun: 7am – 5pm

PHONE: 760-327-2053

## POWER HOUR

TUESDAY'S 9:00 – 10:30 THURSDAY'S 9:00 – 10:30

Power Hour is open to all levels of tennis players and is a 90-minute high energy workout. It begins with line drills of different focus – some ground strokes, approach shots, volleys and overheads as well as serve & volley drills. Each class is different with numerous drills, point situations and live ball rally games. Power hour concludes with a competition amongst the participants in a fun atmosphere with a great cardiovascular workout always as the theme.

## DOUBLES STRATEGY

WEDNESDAY'S 9:00 – 10:30

Doubles strategy is open to players possessing a 3.0 rating or better. The class teaches doubles strategies that get right to the point with the use of the most proven strategies at the club level. Innovative drills and point situations are used to reach improvement goals quickly and properly. One hour of strategy and doubles drills followed by ½ hour of supervised doubles play.

## BACK TO BASICS

FRIDAY'S 9:00 – 10:00

This clinic is for those who are beginners or ones looking to come back to the game after a long layoff. All strokes are covered with the objective of getting all participants actually rallying and playing games as soon as possible.

## PRACTICE CLINIC

SATURDAY'S 9:00 – 10:30

The Saturday morning clinic is designed for players possessing a 3.0 rating or better. The objective of the Saturday morning sessions are to provide an opportunity to let players fine tune situational issues that affect them during their match play. Many of the drills chosen are player sustained which are not pro controlled, this allows participants the ability to practice in a real game-like atmosphere. The pro offers on the spot tips while keeping play moving.

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