

DESERT PRINCESS COUNTRY CLUB

ATHLETIC CENTER - WEEKLY ACTIVITIES

MONDAY'S JUNIOR TENNIS(all ages) 3:30 – 5:30pm

TUESDAY'S POWER HOUR(cardio tennis) 9 – 10:30am
PICKLEBALL(drop in play) 2 – 4pm

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.

Members \$20 Guests \$25

WEDNESDAY'S DOUBLES STRATEGY(tennis) 9 – 10:30am
YOGA(racquetball court #1) 10:30 – 12noon
JUNIOR TENNIS(all ages) 3:30 – 5:30pm

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.

Members \$20 Guests \$25

THURSDAY'S POWER HOUR(cardio tennis) 9 – 10:30 am
PICKLEBALL(drop in play) 2 – 4pm

FRIDAY'S BACK TO BASICS(beginner tennis) 9 – 10am
JUNIOR TENNIS(all ages) 3:30 – 5:30pm

Back to Basics 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.

Members \$15 Guests \$20

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MOORE TENNIS ACADEMY

Mon – Fri: 7am – 7pm • Sat & Sun: 7am – 5pm

PHONE: 760-327-2053