

Cooper Fitness Center Tennis Programs

Ladies Drop-In Clinics

Starts September 13 (ongoing)
Fridays: 9-10:30 a.m.
(no registration needed)
\$25 per class

Adult Beginner Class

September 13 - October 18
Fridays, 10:30-11:30 a.m.
\$120

Advanced Beginner Class

September 13 - October 18
Fridays, 11:30-12:30 a.m.
\$120

Aerobic Tennis

September 9 - October 17
Mondays, 6:30-7:30 p.m.
Thursdays, 7:45-8:45 a.m.
(sign up for Monday OR Thursday)
\$90

Adult Practice and Play

September 11 - October 17
Advanced Beginner: Thursdays, 6:30-8 p.m.
Intermediate: Wednesdays, 6:30-8 p.m.
\$135

Additional Summer Tennis Camp

July 29 - August 2, M-F

Ages 5-7	9-10 a.m.	\$110
Ages 8-12	10-11:30 a.m.	\$160
Juniors (Ages 13+)	11:30 a.m.-1 p.m.	\$160

Juniors Clinics

Session 1: September 9 - October 18

Ages 5-7
Mondays & Wednesdays
4:30-5:15 p.m.
\$200

Ages 8-10
Tuesdays & Thursdays
4:30-5:30 p.m.
\$265

Ages 11-13
Tuesdays & Thursdays
5:30-6:30 p.m.
\$265

Session 2: October 21 - November 22

Ages 5-7
Mondays & Wednesdays
4:30-5:15 p.m.
\$170

Ages 8-10
Tuesdays & Thursdays
4:30-5:30 p.m.
\$220

Ages 11-13
Tuesdays & Thursdays
5:30-6:30 p.m.
\$220

**To register, contact Quinn Ray,
972.233.4832, ext. 4380
gray@cooperfitnesscenter.com**



Cooper Fitness Center™
A COOPER AEROBICS COMPANY

Ladies Drop-In Clinics:

Drop in clinics are for those who are already competing and need more concentration on match strategy and point play construction. Drills will be offered that simulate match play with a focus on technique, form, and execution.

Aerobic Tennis:

A high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise - delivering the ultimate, full-body, calorie-burning aerobic workout! A true cardio tennis workout is typically 6-8 players per court, using the agility ladder, cardio balls (red and orange tennis balls), music and heart rate monitors.

Adult Beginner Class:

The Beginner Class is for players who have never taken lessons before. The class will focus on the basics of stroke production, scoring and understanding the lines and position of a tennis court. Classes meet once per week for 6 weeks for one hour classes. Minimum student/teacher ratio is 4:1, while the maximum ratio is 8:1.

Advanced Beginner Class:

For players who have played some, but still need more work on the fundamentals. The class emphasis will be on stroke refinement with time spent on movement. Classes meet once per week for 6 weeks for one hour classes. Minimum student/teacher ratio is 4:1, while the maximum ratio is 8:1.

Adult Practice and Play:

All Practice and Plays meet once per week for 6 weeks for 90 minute sessions. The first hour is spent on drills and the last half-hour concentrating on match play and movement strategies. Minimum student/teacher ratio is 6:1, while the maximum ratio is 10:1. The Advanced Beginner sessions will consist of moderate-paced drills combined with stroke development and match play strategy. Intermediate sessions will refine stroke technique using fast-paced drills, cardio and challenging match play.

Junior Clinics:

Ages 5-7 and Ages 8-10: Players ages 10 and under will use Quick Start Tennis - a new way for kids to learn and play the game of tennis. The court sizes, racket sizes, balls, net and even the scoring system have been modified to ease kid's entry into the sport. Tennis, like other sports, now uses a graduated length method sponsored by the USTA. This new tennis format is tailor made for kids. Any child between the ages of five and ten can start playing tennis almost immediately, even if they have never picked up a racket before. By implementing these modifications, kids gain confidence and build better playing skills.

Ages 11-13: These clinics are typically for kids who have played some but want to further their experience and become competitive players in middle school or high school.

