

ADULT TENNIS

Location: Antelope Community Park Tennis Center, 7900 Falcon View Dr.

New classes will be forming throughout the year. For information, please contact William Matteoni, our Tennis Pro at (916) 508-2578 or William.matteoni@gmail.com. Once created, classes will be displayed on our web site, www.sunriseparks.com. You can register for classes on line. For Tennis Drills, you can also join the classes on a drop-in basis.

Practice Drills with Instruction

You will enjoy plenty of movement and exercise during these tennis drills. Stroke mechanics will be covered as well as instruction on singles and doubles play patterns. Practice matches will be included.

Ladies Tennis Drills

- Designed for women with NTRP (National Tennis Rating Program) ratings from 2.5 to 4.0.

Thurs	7:00-8:30 pm	4 classes	Fee: \$40 (or \$12 drop-in fee per class)
	9857.101	3/25-4/15	
	9857.102	4/29-5/20	
	9857.103	6/10-7/1	
	9857.104	7/15-8/5	
	9857.105	8/12-9/2	

Mens Tennis Drills

- Designed for men with NTRP (National Tennis Rating Program) ratings from 2.5 and above.

Wed	7:00-8:30 pm	4 classes	Fee: \$40 (or \$12 drop-in fee per class)
	9852.101	3/24-4/14	
	9852.102	4/28-5/19	
	9852.103	6/9-6/30	
	9852.104	7/14-8/4	
	9852.105	8/11-9/1	

Mixed Tennis Drills

- Designed for women and men with NTRP (National Tennis Rating Program) ratings from 2.5 and above.

Sun	9:30-11:00 pm	4 classes	Fee: \$40 (or \$12 drop-in fee per class)
	9853.101	3/21-4/18 (no class on 4/4)	
	9853.102	4/25- 5/16	
	9853.103	6/6- 6/27	
	9853.104	7/11-8/1	
	9853.105	8/8-8/29	

www.sunriseparks.com

Cardio Tennis is Here

- Get fit and have a blast! Cardio Tennis is a USTA program which features a fast paced group activity producing exciting and efficient heart pumping drills to give players of all abilities an ultimate, high-energy workout. You don't need to be a great tennis player in order to benefit from this exercise class. The class focus is more on conditioning rather than tennis instruction.
- Participants need to provide their own tennis racquets. Class size maximum is 8. **For updates on class cancellations due to weather, please call 508-2578.**

Mon/Wed	6:00-7:00 pm	4 classes	Fee: \$40 (or \$12 drop-in fee per class)
	9855.101	4/5-4/14	
	9855.102	4/26-5/5	
	9855.103	5/10-5/19	
	9855.104	6/7-6/16	
	9855.105	6/21-6/30	