

TENNISPOWER SPRING 2022 PROGRAM SCHEDULE

FEBRUARY 21 - APRIL 8 PRC (310) 541- 2523

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8.30								
9.00		ADULT BEGIN 8:30-10	ADULT OPEN 8:30-10			ADULT OPEN 9-10.30	ADULT OPEN 9-10.30	
9.30			ADULT OPEN 8:30-10					
10.00								
10.30						CARDIO TENN 11-12pm	CARDIO TENN 11-12pm	
11.00		CARDIO TENN 11-12pm		CARDIO TENN 11-12pm				
1.00			PRIVATE GROUPS & SESSION RESERVATIONS AVAILABLE 8AM-8PM CALL (310) 541 2523					
1.30								
2.00								
2.30								
3.00								
3.30	FUTURESTARS ISPE	FUTURESTARS ISPE			FUTURESTARS ISPE	FUTURESTARS ISPE		
4.00	3.45- 5:15 PM	3.45- 5:15 PM			3.45- 5:15 PM	3.45- 5:15 PM		
4.30	ORANGE/GREEN 4.30-5.30 PM	RED/ORANGE 4.30-5.30 PM			RED/ORANGE 4.30-5.30 PM	RED/ORANGE 4.30-5.30 PM		
5.00	HIGH PERF. ISPE	HIGH PERF. ISPE			HIGH PERF. ISPE	HIGH PERF. ISPE		
5.30	HIGH SCHOOL BEGINNERS	ORANGE/GREEN 5.30-6.30 PM			HIGH SCHOOL BEGINNERS	ORANGE/GREEN 5.30-6.30 PM		
6.00								
6.30	5:15 - 7:15 PM	5:15- 7:15 PM		5:15 - 7:15 PM	5:15 - 7:15 PM			
7.00	5.30 - 7 PM			5.30 - 7 PM				

NO DROP IN - RESERVATIONS MUST BE MADE ON APP OR BY CALLING MEMBER SERVICES IN ADVANCE - NO EXCEPTIONS!

*** 24 HOUR CANCELLATION - NO SHOW POLICY IN EFFECT ***

**ALL MEMBERS GET AN ADDITIONAL 5% OFF ON JUNIOR PACKAGE FOR 2 OR 3 TIMES PER WEEK
SECOND SIBLING GETS 10% DISCOUNT FOR 2 & 3 TIME PACKAGE/ NO CREDITS AFTER SESSION IS COMPLETE**

RED BALL / ORANGE BALL (AGE 4-7) - 60 MIN

ALL YOUNG BEGINNERS HAVING FUN LEARNING HAND/EYE COORDINATION AND BASICS OF TENNIS

ORANGE BALL / GREEN DOT (AGES 7-10) - 60 MIN

YOUNG NOVICE BEGINNER TO MORE DEVELOPED BEGINNER USING LEVEL APPROPRIATE BALLS. SOME PLAYING EXPERIENCE

FUTURESTARS / ISPE (AGES 8-12) - 90 MIN

YOUNG NOVICE AND SATELLITE PLAYERS LEARNING THE FUNDAMENTALS AND THE BASICS OF TENNIS

PRIVATE GROUPS & SESSION RESERVATIONS AVAILABLE 8 AM- 8PM DAILY

CALL MEMBER SERVICES FOR COACHING STAFF INFORMATION AND TIME AVAILABILITY

HIGH SCHOOL BEGINNERS - 90 MIN

YOUNG HIGH SCHOOL BEGINNERS LEARNING THE BASICS FUNDAMENTALS OF TENNIS

HIGH PERFORMANCE / HIGH SCHOOL INTERMEDIATE / ISPE - 120 MIN (12U - 2.5 UTR, 14U - 3.5 UTR, and 14+ 4.0 UTR)

YOUNG SECTIONAL PLAYERS AND HIGH SCHOOL PLAYERS/ STUDENTS NEED TO BE APPROVED by Tennis Director, Oliver Messerli

ADULT BEGINNER WORKOUTS - 90 MIN (GROUP OF 6)

NO DROP IN - SIGN UP ON MINDBODY APP OR CALL MEMBER SERVICES DESK

ADULT OPEN WORKOUTS - 90 MIN (GROUP OF 6)

NO DROP IN - SIGN UP ON MINDBODY APP OR CALL MEMBER SERVICES DESK

CARDIO TENNIS - 60 MIN (GROUP OF 6)

NO DROP IN - SIGN UP ON MINDBODY APP OR CALL MEMBER SERVICES DESK

PROGRAM DATES

SESSION #5 FEB 21 - APRIL 8 (6 WEEKS)
SESSION #6 APR 11 - MAY 20 (6 WEEKS)
SESSION #7 MAY 23 - JUN 17 (4 WEEKS)

SPRING BREAK CAMP MARCH 28TH - 31ST
SUMMER CAMP BEGINS JUNE 20TH

PENINSULA RACQUET CLUB
(310) 541-2523
TENNISPOWERACADEMY360.COM
30850 Hawthorne Blvd
Rancho Palos Verdes, CA 90275

**MAKEUP DAY
SUNDAY, APRIL 10TH**


