


Adult Tennis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Women's 3.0/3.5 Clinic 9-10:30AM	TRX Tennis 9-10:00AM (ALL Levels Welcome)		Women's 4.0/4.5 Clinic 10:30-12PM	Wake Up Your Weekend Clinic... Men/Women 3.0-4.0 8:30-10AM FREE Beginner Clinic Group Tennis 10:00-11:00
Men's 4.0/4.5 Clinic 6:00-7:30PM	Men's 3.5 Clinic 6:00-7:30PM	Women's 2.5 Clinic 6:00-7:30PM FREE Beginner Clinic Group Tennis 7:30-8:30	Women's 3.0/3.5 Clinic 6-7:30PM Men's 3.0 Clinic 7:30-9PM	 <div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Clinic Descriptions are on the back</p> <p>Clinic Pricing 1 1/2 Hour Clinic or Drill \$12</p> </div>	

Jeremiah Walsh Director of Tennis
tennis@sunoaks.com 530-221-4405 Ext. 113

Member/ Non Member Private Lessons

Teaching Staff

Steve Kinder Head Professional
 Martin Brown Staff Professional
 Eric Allen Staff Professional
 John Kelley Staff Professional

tennis@sunoaks.com 530-221-4405 Ext. 113

Jeremiah Walsh
 \$70/Hr
 \$42/Half Hour
 2 People 1 Hour \$39 each
 3 People 1 Hour \$29 each
 4 People 1 Hour \$23 each

Tennis Staff
 \$58/Hr
 \$33/Half Hour
 2 People 1 Hour \$32 each
 3 People 1 Hour \$23 each
 4 People 1 Hour \$19 each

Junior Teaching Assistant
 \$30/Hr
 \$18/Half Hour

Team Practice
 \$96 Minimum
 90 Minute Practice

*For more details email
tennis@sunoaks.com

Non-Member Private Lessons: Add \$10 to ALL Pricing

Adult Clinic Descriptions

Clinic Sessions

Clinics are instructional with focus on technique and tactics.

TRX Tennis

TRX tennis is a blend of tennis drills and tennis specific exercises using the TRX suspension band. With TRX tennis, you'll train tennis movements while working against your own body weight to build fluidity and muscle. * During rainy weather please call the front desk to confirm we have available courts.

Group Tennis

This is an introductory class where players will learn how to play tennis and get a workout too. This class will teach basic strokes, strategy, scoring and rules. This class is included with membership.

Wake-Up Your Weekend Saturdays 8:30-10 AM

Men & Women 3.0 to 4.0 ability levels. This co-ed class is a terrific opportunity for couples who are looking for the opportunity to participate in a tennis workout together OR individuals who enjoy a practice that is open to all. Hitting tactics and strategy will be the focus. Please note if you do not have a current rating your attendance must be pre-approved by the Director of Tennis.