
2018 Palisades Spring Adult Tennis Program
Begins April 2nd
Director of Tennis: Doug Sokol

Ladies Beginner/Adv. Beginner Clinic

If you have never played this great game before it is never too late to learn. Emphasis will be placed on stroke techniques and beginning to play singles and doubles. This is also an excellent class for those players who have played before, but have not played in a few years and want to get playing again. The student to instructor ratio will be 5:1

Day and Time:	Wednesday 9:30am– 11:00am	April 4 th - June 6th
	Wednesday 11:00am- 12:30pm	April 4 th – June 6th
Cost:	\$350 for 10 weeks (members)	\$375 for 10 weeks (non-members)

Ladies 3.5/4.0 Tennis Topia League Team practice

This Practice is for those women who wish to compete on the Palisades Evening Team that plays its Matches on Thursday evenings from May through July. The practice will consist of mainly live ball drilling and emphasis on improving doubles play to prepare ourselves for competition.

Day and Time:	Sunday 10-12	Start on April 22nd. Contact me to be put on the Doodle invite list if you wish to attend.
	Tuesday 12:30-2:30	Start on April 24th
Cost:	\$40 per Practice	

Ladies Play to Win Clinic

This clinic is designed for women who desire to turn it up a notch! Special emphasis will be placed on winning doubles strategy along with more specialty shots. This class would be perfect for those women who compete in doubles leagues and on tennis teams.

Day and Time:	Fridays 10:00 – 12:00	April 6th – June 8th
Cost:	\$440 for 10 weeks (members)	\$460 for 10 weeks (non-members)

Adult Stroke of the Week Clinic

This clinic will concentrate on a different stroke each week. It will include feeding drills designed to groove a particular stroke as well as live ball drills which will incorporate the stroke for added repetition. Tactics and strategy using the stroke will also be learned

Day and Time:	Fridays 10:00 – 11:30	April 6th – June 8th
Cost:	\$350 for 10 weeks (members)	\$375 for 10 weeks (non-members)

Ladies GWTA Team Practice

GWTA stands for Greater Washington Tennis Association. We have two teams that compete against other area clubs for Palisades. The B4 team is for more experienced women at the 3.5 to 4.0 level. The B4 team plays its matches on Tuesday mornings. The C2 team is for 3.0 to 3.5 level players and they play their matches on Monday mornings. The practice will consist of mainly live ball drilling and emphasis on improving doubles play to prepare ourselves for competition.

Day and Time:	B4 practice – Mondays 10-12	April 2nd (8 weeks)
	12-2 when C2 has a home match	
	C2 practice – Thursdays 10-12	April 5 th (8 weeks)
Cost:	\$340 for 8 weeks (members)	\$360 for 8 weeks (non-members)

Men's and Women's Cardio Tennis

It's heart pumping tennis action. Burn calories. Hit a lot of tennis balls. It's fast action and guaranteed to better your game and fitness. Lose up to 800 calories as we take you through challenging feeding drills.

Day and Time: Saturday Morning 7:30 – 9:00AM First class is on April 7th
Saturday Morning 9:00--10:00AM First class is on April 7th
Thursday Morning 9:00-10:00AM First Class is on April 5th

Cost: \$220 for 12 hours members/\$250 for 12 hours non-members
Individual classes \$30/\$35 for 90 minute class or \$25/\$30 for 1 hour class
To sign up for cardio you must contact me to be placed on the email invite list. If you are already on this list you will continue to receive the invitation each week. If you have not participated in cardio in the past I will place you on the list and you will receive the invitation approximately 48 hours after those members who have participated in the past five years.

Adult Evening Clinics

Day and Time: Monday Beginner 7:00 – 8:00pm Every Monday beginning April 3rd
Wednesday Intermediate 7:00 – 8:00pm Every Wednesday beginning April 5th

Cost: \$20 per Session if 4 people or more
\$25 per Session if 3 people

Please email me to let me know if you are interested in participating in these evening clinics. I will then put you on an email list and you will receive an invitation to sign up each week. If we do not have at least 3 participants signed up the class will not be held for that particular week. The signup will remain open until 24 hours before the scheduled start time for that particular clinic.

Questions? Call Doug at (240) 498-6140 or email: Palisadestennis@hotmail.com

Private clinics

Choose your own day and time and then you, along with a minimum of 2 of your friends, can have a "private" Clinic. To arrange a private clinic please contact Doug at (240) 498-6140.

2018 Adult Tennis Registration Form

Name: _____ Phone: _____

Address: _____

Email: _____

1. Class: _____ Day and Time: _____

2. Class: _____ Day and Time: _____

Please return form along with payment made payable to:

Doug Sokol
5822 Shepherd Drive
Frederick, MD 21704