
2019 Palisades Spring Adult Tennis Program
Begins April 4th
No Class on Memorial Day
No Class whichever week the courts are to be redone
Director of Tennis: Doug Sokol

Introducing Live Ball Tennis

This class consists of competitive doubles point play in a fun, fast paced environment. This class will improve your fitness, footwork, reaction time and net game. Live Ball is the ultimate cardio class for competitive doubles players and those wishing to improve both offensive and defensive skills. There will be a doodle sign up for each week and each class. Classes are separated by level and since this is a new class please contact me so I can start a doodle of interested players. If there are not at least 4 players signed up then the class will not be held

Day and Time: Starts on April 8th. Contact me to be put on the Doodle invite list.
Monday 11:00-12:30 (3.5 & up NTRP)
Tuesday 1:00-2:30 (2.5 – 3.25 NTRP)
Tuesday 6:00-7:30pm (All levels welcome)
Wednesday 1:00-2:30 (3.5 & Up NTRP)
Thursday 12:00-1:30 (All Levels)
Friday 11:30-1:00 (2.5-3.5 NTRP)

Cost: \$35 per class or buy 10 hours for \$300

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 11:00am- 12:30pm April 10th - June 12th
Cost: \$315 for 9 weeks (members) \$340 for 9 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 B3 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 a team 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: B3 practice – Fridays 10-12 April 5th (8 weeks)
C2 practice – Thursdays 10-12 April 4th (8 weeks)
Cost: \$340 for 8 weeks (members) \$360 for 8 weeks (non-members)

Ladies 3.5/4.0 Evening 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 September 9th. Contact me to be put on the
Doodle invite list if you wish to attend.
Cost: \$40 per Practice

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: Wednesdays 10:00 – 11:30 First class on April 10th

Cost: \$35 per class Contact me to be placed on weekly invite list

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 on April 13th

Saturday Morning 9:00---10:00AM First class on April 13th

Monday evening 7:00---8:00PM First class on April 8th

Cost: \$220 for 12 hours. You may also attend this class on a Drop-In basis for a fee of \$25 per class for the 9am or \$30 for the 7:30am. The maximum number of participants is 6. If you wish to participate you must contact me to be placed on the weekly email invite list

Adult Evening Clinics

Day and Time:

Monday Evening Cardio 7:00 – 8:00pm Mondays beginning April 8th

Tuesday Evening Live Ball 6:00---7:30pm Mondays beginning April 9th

All Levels Welcome (no class when men's team has a home match)

Wednesday Intermediate 7:00 – 8:00pm Wednesdays beginning April 10th

Cost: \$20 per Session if 4 people or more
\$25 per Session if 3 people
\$35 for Live Ball

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.

2019 Adult Tennis Registration Form

Name: _____ Phone: _____

Address: _____

Email: _____

1. Class: _____ Day and Time: _____

2. Class: _____ Day and Time: _____

3. Class: _____ Day and Time: _____

4. Class: _____ Day and Time: _____

Please return form along with payment made payable to:

Doug Sokol
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Olney, MD 20832