
2020 Palisades Spring Adult Tennis Program

Begins March 30th

No Class on Memorial Day

No Class April 6th- April 12th

Director of Tennis: Doug Sokol

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 March 30th. Contact me to be put on the Doodle invite list.
Monday 1:00-2:30 (3.5 & up NTRP)
Wednesday 1:00-2:30 (3.0 & Up NTRP)
Thursday 12:00-1:30 (All Levels)
Friday 12:00-1:30 (2.5-3.5 NTRP)

Cost: \$35 per class or \$300 for 10 weeks

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 10:00am-11:30am April 1st – June 10th
Wednesday 11:30am- 1:00pm April 1st - June 10th
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 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 10th (8 weeks)
C2 practice – Thursdays 10-12 April 9th (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 April 26th. 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: Friday 12:00 – 1:30 First class on April 3rd
Cost: \$350 for 10 weeks (members) \$375 for 10 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 on April 4th
 Saturday Morning 9:00---10:00AM First class on April 4th
 Monday evening 7:00---8:00PM First class on April 13th
 Thursday 12:00--1:00PM First class on April 2nd

Cost: \$220 for 12 hours. Or \$25 1 hr. class/\$30 for 90 min class
 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 beginning April 13th
 Tuesday Evening Live Ball 6:00---7:30pm beginning April 14th
 All Levels Welcome (no class when men's team has a home match)
 Wednesday Intermediate 7:00 – 8:00pm Wednesdays beginning April 15th

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

Early Bird Discount

Reserve a spot in any 10 week program (adults or juniors) and make payment by March 20th and receive a 10% discount on the cost of the program.

2020 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
5822 Shepherd Drive
Frederick, MD 21704