



Lifetime Tennis at the Sunnyvale Municipal Tennis Center



Sunnyvale Municipal Tennis Center • 755 South Mathilda Ave • www.lifetimetennis.com • (408)735-7285

The tennis courts at the Sunnyvale Municipal Tennis Center in Las Palmas Park are available on a pay-as-you-play basis. The fee is based on a higher level of service, which includes the ability to reserve court use, provision of a well-stocked pro shop with racket stringing service. For more information about class descriptions, registration, private lessons, and ball machine rental please visit our website at www.lifetimetennis.com. or call us at the phone number listed above. **Office hours are Mon-Fri 8:00am-10:00pm, Sat-Sun 8:00am-8:00pm.**

Fall Tennis Class Schedule

Youth Tennis Classes - Fall

Little Tennis & Athletic Development (Ages 4-6)

Session is 6 weeks long • Student / teacher ratio is 4:1
Fee: \$89 Resident, \$98 Non-Resident

All classes taught at Sunnyvale Tennis Center. No Class 10/25, 11/28 & 11/29

Level	Day	Time (45 Min)	Session I	Code	Session II	Code
Little Tennis (4-6 yr)	MO	3:15-4:00 pm	9/16-10/21	11839	10/28-12/2	11933
Little Tennis (4-6 yr)	TU	3:15-4:00 pm	9/17-10/22	11841	10/29-12/3	11934
Little Tennis (4-6 yr)	WE	3:15-4:00 pm	9/18-10/23	11843	10/30-12/4	11935
Little Tennis (4-6 yr)	TH	3:15-4:00 pm	9/19-10/24	11844	10/31-12/12	11936
Little Tennis (4-6 yr)	SA	8:30-9:15 am	9/21-10/26	11846	11/2-12/7	11937
Little Tennis (4-6 yr)	SA	9:15-10:00 am	9/21-10/26	11847	11/2-12/7	11938
Little Tennis (4-6 yr)	SU	10:00-10:45 am	9/22-10/27	11848	11/3-12/8	11939
Little Tennis (4-6 yr)	SU	10:45-11:30 am	9/22-10/27	11849	11/3-12/8	11940

Little Rallies (Ages 5-7)

Session is 6 weeks long • Student / teacher ratio is 4:1
Fee: \$118 Resident, \$130 Non-Resident

All classes taught at Sunnyvale Tennis Center

Instructor approval needed No Class 10/25, 11/28 & 11/29

Level	Day	Time (1-HR)	Session I	Code	Session II	Code
Little Rally (5-7yr)	SA	11:30-12:30 pm	9/21-10/26	11851	11/2-12/7	11930
Little Rally (5-7yr)	SU	11:30-12:30 pm	9/22-10/27	11853	11/3-12/8	11931
Little Rally(5-7yr)	TH	4:00-5:00 pm	9/19-10/24	11854	10/31-12/12	11932

Youth Tennis Lessons-8:1 Ratio (Ages 7-15)

Session is 6 weeks long • Student / teacher ratio is 8:1
\$109 Resident, \$120 Non Resident

All classes taught at Sunnyvale Tennis Center . No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Beginning (7-10yr)	MO	4:00-5:30 pm	9/16-10/21	11873	10/28-12/2	11950
Adv. Beg. (7-10yr)	MO	4:00-5:30 pm	9/16-10/21	11891	10/28-12/2	11967
Intermed. (7-10yr)	MO	4:00-5:30 pm	9/16-10/21	11904	10/28-12/2	11980
Beginning (11-15yr)	WE	4:00-5:30 pm	9/18-10/23	11877	10/30-12/4	11954
Adv. Beg. (11-15yr)	WE	4:00-5:30 pm	9/18-10/23	11889	10/30-12/4	11965
Intermed. (11-15yr)	WE	4:00-5:30 pm	9/18-10/23	11902	10/30-12/4	11978
Beginning (7-10yr)	FR	4:00-5:30 pm	9/20-11/1	11874	11/8-12/20	11951
Adv. Beg. (7-10yr)	FR	4:00-5:30 pm	9/20-11/1	11890	11/8-12/20	11966
Intermed. (7-10yr)	FR	4:00-5:30 pm	9/20-11/1	11903	11/8-12/20	11979
Beginning (11-15yr)	FR	4:00-5:30 pm	9/20-11/1	11879	11/8-12/20	11955
Adv. Beg. (11-15yr)	FR	4:00-5:30 pm	9/20-11/1	11887	11/8-12/20	11963
Intermed. (11-15yr)	FR	4:00-5:30 pm	9/20-11/1	11900	11/8-12/20	11976
Beginning (7-10yr)	SA	10:00-11:30 am	9/21-10/26	11875	11/2-12/7	11952
Adv. Beg. (7-10yr)	SA	10:00-11:30 am	9/21-10/26	11892	11/2-12/7	11968

Please register at www.lifetimetennis.com

Youth Tennis Lessons-8:1 Ratio-Cont. (Ages 7-15)

Session is 6 weeks long • Student / teacher ratio is 8:1

\$109 Resident, \$120 Non-Resident

All classes taught at Sunnyvale Tennis Center. No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Intermed. (7-10yr)	SA	10:00-11:30 am	9/21-10/26	11905	11/2-12/7	11981
Beginning (11-15yr)	SA	11:30-1:00 pm	9/21-10/26	11880	11/2-12/7	11956
Adv. Beg. (11-15yr)	SA	11:30-1:00 pm	9/21-10/26	11888	11/2-12/7	11964
Intermed. (11-15yr)	SA	11:30-1:00 pm	9/21-10/26	11901	11/2-12/7	11977
Beginning (7-10yr)	SU	8:30-10:00 am	9/22-10/27	11876	11/3-12/8	11953
Adv. Beg. (7-10yr)	SU	8:30-10:00 am	9/22-10/27	11893	11/3-12/8	11969
Intermed. (7-10yr)	SU	8:30-10:00 am	9/22-10/27	11906	11/3-12/8	11982

Youth Tennis Lessons-4:1 Ratio (Ages 7-15)

Session is 6 weeks long • Student / teacher ratio is 4:1

\$181 Resident, \$199 Non-Resident

All classes taught at Sunnyvale Tennis Center. No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Beginning (11-15yr)	TU	4:00-5:30 pm	9/17-10/22	11862	10/29-12/3	11946
Adv. Beg. (11-15yr)	TU	4:00-5:30 pm	9/17-10/22	11884	10/29-12/3	11960
Intermed. (11-15yr)	TU	4:00-5:30 pm	9/17-10/22	11897	10/29-12/3	11973
Beginning (7-10yr)	TH	4:00-5:30 pm	9/19-10/24	11866	10/31-12/12	11948
Adv. Beg. (7-10yr)	TH	4:00-5:30 pm	9/19-10/24	11885	10/31-12/12	11961
Intermed. (7-10yr)	TH	4:00-5:30 pm	9/19-10/24	11898	10/31-12/12	11974
Beginning (11-15yr)	SA	2:00-3:30 pm	9/21-10/26	11864	11/2-12/7	11947
Adv. Beg. (11-15yr)	SA	2:00-3:30 pm	9/21-10/26	11883	11/2-12/7	11959
Intermed. (11-15yr)	SA	2:00-3:30 pm	9/21-10/26	11896	11/2-12/7	11972

Junior Development Teams (Ages 10-17)

Session is 12 weeks long • Student / teacher ratio is 8:1 (6:1 Gold Team)

\$298 Resident, \$328 Non-Resident (\$397 Resident,

\$437 Non-Resident Gold Team)

All classes taught at Sunnyvale Tennis Center.

No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session	Code
Intro to Bronze & Bronze (10-17 yr)	MO	4:00-6:00 pm	9/16-12/2	11907
Silver (10-17 yr)	WE	6:30-8:30 pm	9/18-12/4	11913
Gold (10-17 yr)	TH	6:30-8:30 pm	9/19-12/12	11914
Intro to Bronze & Bronze (10-17 yr)	FR	6:30-8:30 pm	9/20-12/20	11909
Silver (10-17 yr)	FR	6:30-8:30 pm	9/20-12/20	11910
Intro to Bronze & Bronze (10-17 yr)	SA	2:00-4:00 pm	9/21-12/7	11908
Silver (10-17 yr)	SA	4:00-6:00 pm	9/21-12/7	11911
Match Play (10-17yr)	SU	4:00-5:30 pm	9/22-12/8	12006

(***Must be Junior Team Member to participate in Match Play.

Class fee is \$100 for resident and \$110 non-resident for 12 weeks***)

**Register online at lifetimetennis.com or in the office at
755 South Mathilda Ave, Sunnyvale.
2 fall sessions run for 6 weeks each.
For additional information please call 408-735-7285**



10 and Under Tournament Training (Ages 7-10)

Session is 6 weeks long • Student / teacher ratio is 6:1
 \$149 Resident, \$164 Non-Resident
 All classes taught at Sunnyvale Tennis Center
 This program is by ***INVITATION ONLY***
 For additional details please visit www.lifetimetennis.com

Fall Junior Camps (Ages 4-6 & 7-15)

Improvement / Match Play Camps (7-15) Little Tennis Camp (4-6)
 Student / teacher ratio is 8:1 for Improvement and Match Play camps
 Student / teacher ratio is 4:1 for Little Tennis and Little Rallyers camps
 Session fee: Improvement and Match Play, \$156 resident / \$176 non-resident.
 Session fee: Little Tennis and Little Rallyers, \$121 resident / \$132 non-resident
 All classes taught at Sunnyvale Tennis Center

Dec. 23rd-27th (no camp Christmas Day)

Little Tennis & Little Rallyers M-F 9-10:30 am **Code 12048**
 Improvement & Match Play (7-15 yr) M-F 9 am-12 pm **12053**
 Improvement & Match Play (7-15 yr) M-F 12:30-3:30 pm **12055**

Dec. 30th-Jan. 3rd (no camp New Years Day)

Little Tennis & Little Rallyers M-F 9-10:30 am **Code 12049**
 Improvement & Match Play (7-15 yr) M-F 9 am-12 pm **12054**
 Improvement & Match Play (7-15 yr) M-F 12:30-3:30 pm **12056**

Adult Tennis Classes - Fall

Adult Tennis Lessons (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 8:1
 \$109 Resident, \$120 Non-Resident
 All classes taught at Sunnyvale Tennis Center. No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Beginning	MO	6:30-8:00 pm	9/16-10/21	12011	10/28-12/2	12058
Adv. Beginning	MO	8:00-9:30 pm	9/16-10/21	12016	10/28-12/2	12065
Intermediate	MO	8:00-9:30 pm	9/16-10/21	12021	10/28-12/2	12072
Beginning	TU	8:00-9:30 am	9/17-10/22	12012	10/29-12/3	12059
Adv. Beginning	WE	8:00-9:30 am	9/18-10/23	12017	10/30-12/4	12066
Beginning	WE	6:30-8:00 pm	9/18-10/23	12013	10/30-12/4	12060
Adv. Beginning	WE	8:00-9:30 pm	9/18-10/23	12018	10/30-12/4	12067
Intermediate	WE	8:00-9:30 pm	9/18-10/23	12022	10/30-12/4	12074
Beginning	SA	8:30-10:00 am	9/21-10/26	12014	11/2-12/7	12062
Adv. Beginning	SA	10:00-11:30 am	9/21-10/26	12019	11/2-12/7	12068
Intermediate	SA	11:30-1:00 pm	9/21-10/26	12023	11/2-12/7	12075
Beginning	SU	8:30-10:00 am	9/22-10/27	12015	11/3-12/8	12063
Adv. Beginning	SU	10:00-11:30 am	9/22-10/27	12020	11/3-12/8	12070
Intermediate	SU	11:30-1:00 pm	9/22-10/27	12024	11/3-12/8	12076

Adult Specialty Classes (Ages 16+)

Academy-USTA Prep

Session is 6 weeks long • Student / teacher ratio is 6:1
 \$145 Resident, \$160 Non-Resident
 All classes taught at Sunnyvale Tennis Center. No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Academy NTRP 3.0+	TU	9:00-10:30am	9/17-10/22	12025	10/29-12/3	12080
Academy NTRP 3.0+	TH	9:00-10:30am	9/19-10/24	12026	10/31-12/12	12081
Academy NTRP 2.5-3.0	TU	6:30-8:00 pm	9/17-10/22	12027	10/29-12/3	12082
Academy NTRP 3.5-4.0	TH	6:30-8:00 pm	9/19-10/24	12028	10/31-12/12	12083
Academy NTRP 2.5-3.0	SU	8:30-10:00 am	9/22-10/27	12029	11/3-12/8	12085
Academy NTRP 3.5-4.0	SU	10:00-11:30 am	9/22-10/27	12030	11/3-12/8	12084

Adult Drill Classes

Session is 6 weeks long • Student / teacher ratio is 6:1
 \$96 Resident, \$106 Non-Resident
 All classes taught at Sunnyvale Tennis Center. No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Ladies Adv. Drill	TU	7:00- 8:00 pm	9/17-10/22	12031	10/29-12/3	12086
Men's Adv. Drill	TU	8:00- 9:00 pm	9/17-10/22	12032	10/29-12/3	12087

Adult Day Camps (Ages 16+)

Each camp is 3-hours long • Student / teacher ratio is 6:1
 \$45 Resident, \$50 Non-Resident
 All camps taught at Sunnyvale Tennis Center
 Various levels from beginning to advanced
 Please visit www.lifetimetennis.com for dates, times and additional details.

Cardio Classes (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1
 \$73 Resident, \$80 Non-Resident
 All classes taught at Sunnyvale Tennis Center. No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Cardio	TU	6:30- 7:15 pm	9/17-10/22	12033	10/29-12/3	12088
Cardio	TH	6:30- 7:15 pm	9/19-10/24	12034	10/31-12/12	12089

Ponderosa Park Tennis Classes (Ages 9-16)

Session is 6 weeks long • Student / teacher ratio is 8:1
 \$129 Resident, \$142 Non Resident
 All classes taught at Ponderosa Park
 Classes meet twice a week. No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Beginning	MO & WE	3:30-4:30 pm	9/16-10/23	12035	10/28-12/4	12090
Adv Beg.	MO & WE	4:30-5:30 pm	9/16-10/23	12036	10/28-12/4	12091

Serra Park Tennis Classes (Ages 7-16)

Session is 6 weeks long
 Little Tennis Classes \$89 Resident \$98 Non-Resident (4:1 ratio)
 Youth Classes \$109 Resident, \$120 Non Resident (8:1 ratio)
 All classes taught at Serra Park. No Class 10/25, 11/28 & 11/29

Level	Day	Time	Session I	Code	Session II	Code
Little Tennis (5-6 yr)	SAT	8:15-9:00 am	9/21-10/26	12039	11/2-12/7	12092
Beginning (7-8 yr)	SAT	9:00-10:30 am	9/21-10/26	12040	11/2-12/7	12093
Beginning (9-16 yr)	SAT	10:30-12:00 pm	9/21-10/26	12041	11/2-12/7	12094
Adv. Beg. (9-16 yr)	SAT	12:00-1:30 pm	9/21-10/26	12042	11/2-12/7	12095
Intermediate. (9-16 yr)	SAT	1:30-3:00 pm	9/21-10/26	12044	11/2-12/7	12096

Fall 2013

Tennis Descriptions

YOUTH TENNIS (4-17 years old) – Community Tennis Programs

LITTLE TENNIS & ATHLETIC DEVELOPMENT PROGRAM (4-6 years old)

This specialized program is designed to stimulate, challenge and appeal to children 4 to 6 years old. Our expert instructors will guide the students through fun games and exercises designed to build a solid foundation of tennis technique and motor skills. Students and parents alike will be impressed by the dynamic lesson plans and enthusiastic coaching provided throughout the session. Equipment can be purchased in the Sunnyvale Tennis Center Pro Shop.

LITTLE RALLYERS (5-7 years old)

The Lifetime Tennis Elite Future Stars program is for promising young players that demonstrate the skills necessary to become future tournament players. This program is designed to give our future stars rigorous training in technique, footwork, and rallying skills. Registration with instructor approval only. For details please contact our Tennis Director.

BEGINNING, ADV. BEGINNING & INTERMEDIATE LEVELS (7-15 years old)

This 3 tiered introduction program is designed to develop early tennis skills that include stage 1, 2 & 3 balls, ground strokes (stationary & moving), serving (1/2 & full motion), volleys, overheads, and basic vocabulary. Students are grouped by age and ability levels the 1st day of class. Class goal: to maintain "full court" rallies and serve 1 of 3 balls into correct service box while using proper technique. Graduates are encouraged to join the Bronze, Silver & Gold program.

INTRO TO BRONZE, BRONZE, SILVER & GOLD LEVELS (10-17 years old)

For students who graduated from the Beginning, Advanced or Intermediate programs can fulfill the program requirements. Students will learn topspin, under spin sidespin; add & reduce the power to shots, and develop specialty shots. Program drills enhance quickness, balance and racquet control for improved consistency and accuracy. Class goal: Develop foundation to become a well-rounded tennis player, successfully play singles & doubles matches, and to play in local tennis leagues, school teams or tournaments.

www.lifetimetennis.com



Tennis