



## Lifetime Tennis at the Sunnyvale Municipal Tennis Center



**Sunnyvale Municipal Tennis Center • 755 South Mathilda Ave • [www.lifetimetenis.com](http://www.lifetimetenis.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.lifetimetenis.com](http://www.lifetimetenis.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.**

## Spring Tennis Class Schedule

### Youth Tennis Classes - Spring

#### 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.

Level	Day	Time (45 Min)	Session I	Code	Session II	Code
Little Tennis (4-6 yr)	MO	3:15-4:00pm	3/31-5/5	14196	5/12-6/16	14387
Little Tennis (4-6 yr)	TU	3:15-4:00pm	4/1-5/6	14199	5/13-6/17	14393
Little Tennis (4-6 yr)	TU	5:30-6:15pm	4/1-5/6	14198	5/13-6/17	14394
Little Tennis (4-6 yr)	WE	3:15-4:00pm	4/2-5/7	14197	5/14-6/18	14395
Little Tennis (4-6 yr)	TH	3:15-4:00pm	4/3-5/8	14200	5/15-6/19	14392
Little Tennis (4-6 yr)	FR	5:00-5:45pm	4/4-5/9	14202	5/16-6/20	14386
Little Tennis (4-6 yr)	SA	8:30-9:15am	4/5-5/10	14204	5/17-6/21	14388
Little Tennis (4-6 yr)	SA	9:15-10:00am	4/5-5/10	14205	5/17-6/21	14389
Little Tennis (4-6 yr)	SU	10:00-10:45am	4/6-5/11	14206	5/18-6/22	14390
Little Tennis (4-6 yr)	SU	10:45-11:30am	4/6-5/11	14208	5/18-6/22	14391

#### Little Rallyers (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\*\*\*

Level	Day	Time (1 Hr)	Session I	Code	Session II	Code
Little Rallyer (5-7 yr)	SA	11:30-12:30pm	4/5-5/10	14209	5/17-6/21	14383
Little Rallyer (5-7 yr)	SU	11:30-12:30pm	4/6-5/11	14210	5/18-6/22	14384
Little Rallyer (5-7 yr)	TH	4:00-5:00pm	4/3-5/8	14212	5/15-6/19	14385
Little Rallyer (5-7 yr)	FR	6:00-7:00pm	4/4-5/9	14214	5/16-6/20	14382

#### 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.

Level	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beginning (7-10 yr)	MO	4:00-5:30pm	3/31-5/5	14221	5/21-6/16	14446
Adv. Beg. (7-10 yr)	MO	4:00-5:30pm	3/31-5/5	14229	5/21-6/16	14435
Intermed. (7-10 yr)	MO	4:00-5:30pm	3/31-5/5	14243	5/21-6/16	14455
Beginning (11-15 yr)	WE	4:00-5:30pm	4/2-5/7	14262	5/14-6/18	14422
Adv. Beg. (11-15 yr)	WE	4:00-5:30pm	4/2-5/7	14251	5/14-6/18	14411
Intermed. (11-15 yr)	WE	4:00-5:30pm	4/2-5/7	14271	5/14-6/18	14430
Beginning (7-10 yr)	FR	3:30-5:00pm	4/4-5/9	14222	5/16-6/20	14445
Adv. Beg. (7-10 yr)	FR	3:30-5:00pm	4/4-5/9	14228	5/16-6/20	14434
Intermed. (7-10 yr)	FR	3:30-5:00pm	4/4-5/9	14242	5/16-6/20	14454
Beginning (11-15 yr)	FR	3:30-5:00pm	4/4-5/9	14261	5/16-6/20	14420
Adv. Beg. (11-15 yr)	FR	3:30-5:00pm	4/4-5/9	14250	5/16-6/20	14409
Intermed. (11-15 yr)	FR	3:30-5:00pm	4/4-5/9	14270	5/16-6/20	14428
Beginning (7-10 yr)	SA	10:00-11:30am	4/5-5/10	14223	5/17-6/21	14447
Adv. Beg. (7-10 yr)	SA	10:00-11:30am	4/5-5/10	14230	5/17-6/21	14456
Intermed. (7-10 yr)	SA	10:00-11:30am	4/5-5/10	14244	5/17-6/21	14412

#### 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.

Level	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beginning (11-15 yr)	SA	11:30-1:00pm	4/5-5/10	14263	5/17-6/21	14421
Adv. Beg. (11-15 yr)	SA	11:30-1:00pm	4/5-5/10	14252	5/17-6/21	14410
Intermed. (11-15 yr)	SA	11:30-1:00pm	4/5-5/10	14272	5/17-6/21	14429
Beginning (7-10 yr)	SA	12:00-1:30pm	4/5-5/10	14224	5/17-6/21	14448
Adv. Beg. (7-10 yr)	SA	12:00-1:30pm	4/5-5/10	14231	5/17-6/21	14437
Intermed. (7-10 yr)	SA	12:00-1:30pm	4/5-5/10	14245	5/17-6/21	14457
Beginning (7-10 yr)	SU	8:30-10:00am	4/6-5/11	14225	5/18-6/22	14449
Adv. Beg. (7-10 yr)	SU	8:30-10:00am	4/6-5/11	14232	5/18-6/22	14438
Intermed. (7-10 yr)	SU	8:30-10:00am	4/6-5/11	14246	5/18-6/22	14458

#### 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.

Level	Day	Time (1.5 Hrs)	Session I	Code	Session II	Code
Beginning (11-15 yr)	TU	4:00-5:30pm	4/1-5/6	14259	5/13-6/17	14418
Adv. Beg. (11-15 yr)	TU	4:00-5:30pm	4/1-5/6	14256	5/13-6/17	14414
Intermed. (11-15 yr)	TU	4:00-5:30pm	4/1-5/6	14268	5/13-6/17	14426
Beginning (7-10 yr)	TH	4:00-5:30pm	4/3-5/8	14234	5/15-6/19	14443
Adv. Beg. (7-10 yr)	TH	4:00-5:30pm	4/3-5/8	14236	5/15-6/19	14440
Intermed. (7-10 yr)	TH	4:00-5:30pm	4/3-5/8	14239	5/15-6/19	14452
Beginning (11-15 yr)	SA	2:00-3:30pm	4/5-5/10	14275	5/17-6/21	14417
Adv. Beg. (11-15 yr)	SA	2:00-3:30pm	4/5-5/10	14276	5/17-6/21	14413
Intermed. (11-15 yr)	SA	2:00-3:30pm	4/5-5/10	14277	5/17-6/21	14425

#### 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.

Level	Day	Time (2 Hrs)	Session	Code
Intro to Bronze & Bronze (10-17 yr)	MO	4:00-6:00pm	3/31-6/16	14278
Silver (10-17 yr)	WE	6:30-8:30pm	4/2-6/18	14283
Gold (10-17 yr)	TH	6:30-8:30pm	4/3-6/19	14286
Intro to Bronze & Bronze (10-17 yr)	FR	5:00-7:00pm	4/4-6/20	14279
Silver (10-17 yr)	FR	7:00-9:00pm	4/4-6/20	14283
Intro to Bronze & Bronze (10-17 yr)	SA	2:00-4:00pm	4/5-6/21	14280
Intro to Bronze & Bronze (10-17 yr)	SA	4:00-6:00pm	4/5-6/21	14281
Silver (10-17 yr)	SA	4:00-6:00pm	4/5-6/21	14285
Gold (10-17 yr)	SA	4:00-6:00pm	4/5-6/21	14286
Match Play (10-17 yr)	SU	4:00-5:30pm	4/6-6/22	14287
Match Play (10-17 yr)	TU	5:30-7:00pm	4/1-6/17	14288 *Bonus

(\*\*\*Must be Junior Team Member to participate in Match Play.  
Class fee is \$100 for resident and \$110 non-resident for 12 weeks\*\*\*)

Please register at [www.lifetimetenis.com](http://www.lifetimetenis.com)

Register online at [lifetimetenis.com](http://lifetimetenis.com) or in the office at  
755 South Mathilda Ave, Sunnyvale.  
2 spring 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.lifetimetenis.com

Spring 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, \$195 resident / \$220 non-resident.
Session fee: Little Tennis and Little Rallyers, \$151 resident / \$166 non-resident
All classes taught at Sunnyvale Tennis Center

April 14th-18th (Spring Camp)

Table with 2 columns: Activity Name and Price. Includes Little Tennis & Little Rallyers (4-6 yrs) M-F 9-10:30 am (12963), Improvement & Match Play (7-15 yrs) M-F 9am-12pm (12957), and Improvement & Match Play (7-15 yrs) M-F 12:30-3:30pm (12960).

Adult Tennis Classes - Spring

Adult Tennis Lessons (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 6:1 (New Lower Ratio!)
\$145 Resident, \$160 Non-Resident
All classes taught at Sunnyvale Tennis Center.

Table with 7 columns: Level, Day, Time (1.5 Hrs), Session I, Code, Session II, Code. Lists various tennis levels from Beginning to Intermediate across different days and times.

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.

Table with 7 columns: Level, Day, Time (1.5 Hrs), Session I, Code, Session II, Code. Lists Academy NTRP classes for various age groups.

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.

Table with 7 columns: Level, Day, Time (1 Hr), Session I, Code, Session II, Code. Lists Ladies' and Men's Adv. Drill classes.

Adult 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.lifetimetenis.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.

Table with 7 columns: Level, Day, Time (45 Min), Session I, Code, Session II, Code. Lists Cardio classes on TU and TH.

NEW PROGRAM!! Adult Doubles League (Ages 16+)

Session is 6 weeks long • Activity Includes 1 doubles match per week.
\$42 Resident, \$46 Non-Resident. Court fees and tennis balls are provided

Table with 7 columns: Level, Day, Time (2 Hrs), Session I, Code, Session II, Code. Lists Women's and Men's doubles league classes.

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.

Table with 7 columns: Level, Day, Time (1 Hr), Session I, Code, Session II, Code. Lists Beginning and Adv. Beg classes at Ponderosa Park.

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.

Table with 7 columns: Level, Day, Time, Session I, Code, Session II, Code. Lists Little Tennis, Beginning, and Adv. Beg classes at Serra Park.

Spring 2014

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.

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.

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.

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.

