



## Lifetime Tennis at the Sunnyvale Municipal Tennis Center

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



## Summer Tennis Class Schedule



### Youth Tennis Classes - Summer

#### Little Tennis & Athletic Development (Ages 4-6)

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

Fee: \$89 Resident, \$98 Non-Resident fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time (45 Min)	Session I	Session II
Little Tennis (4-6 yrs)	MO	3:15-4:00 pm	6/24-7/29	8/5-9/10
Little Tennis (4-6 yrs)	TU	3:15-4:00 pm	6/25-7/30	8/6-9/10
Little Tennis (4-6 yrs)	WE	3:15-4:00 pm	6/26-7/31	8/7-9/11
Little Tennis (4-6 yrs)	TH	3:15-4:00 pm	6/27-8/1	8/8-9/12
Little Tennis (4 yrs)	SA	9:00-9:45 am	6/29-8/3	8/10-9/14
Little Tennis (5 yrs)	SA	9:45-10:30 am	6/29-8/3	8/10-9/14
Little Tennis (6 yrs)	SA	10:30-11:15 am	6/29-8/3	8/10-9/14

#### Little Ralliers (Ages 5-6)

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

Fee: \$118 Resident, \$130 Non-Resident fee

All classes taught at Sunnyvale Tennis Center

\*\*\*Instructor approval needed\*\*\*

Level	Day	Time (1-HR)	Session I	Session II
Little Ralliers (5-6 yrs)	SA	12:00-1:00 pm	6/29-8/3	8/10-9/14
Little Ralliers (5-6 yrs)	SA	1:00-2:00 pm	6/29-8/3	8/10-9/14
Little Ralliers (5-6 yrs)	SU	12:00-1:00 pm	6/30-8/4	8/11-9/14
Little Ralliers (5-6 yrs)	TH	3:15-4:15 pm	6/27-8/1	8/8-9/12

#### 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 fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time	Session I	Session II
Beginning (7-10 yrs)	MO	4:00-5:30 pm	6/24-7/29	8/5-9/9
Adv. Beg. (7-10 yrs)	MO	4:00-5:30 pm	6/24-7/29	8/5-9/9
Intermed. (7-10 yrs)	MO	4:00-5:30 pm	6/24-7/29	8/5-9/9
Beginning (11-15 yrs)	WE	4:00-5:30 pm	6/26-7/31	8/7-9/11
Adv. Beg. (11-15 yrs)	WE	4:00-5:30 pm	6/26-7/31	8/7-9/11
Intermed. (11-15 yrs)	WE	4:00-5:30 pm	6/26-7/31	8/7-9/11
Beginning (7-10 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Adv. Beg. (7-10 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Intermed. (7-10 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Beginning (11-15 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Adv. Beg. (11-15 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Intermed. (11-15 yrs)	FR	4:00-5:30 pm	6/28-8/2	8/9-9/13
Beginning (7-10 yrs)	SA	9:00-10:30 am	6/29-8/3	8/10-9/14
Adv. Beg. (7-10 yrs)	SA	9:00-10:30 am	6/29-8/3	8/10-9/14

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

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

\$109 Resident, \$120 Non-Resident fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time	Session I	Session II
Intermed. (7-10 yrs)	SA	9:00-10:30 am	6/29-8/3	8/10-9/14
Beginning (11-15 yrs)	SA	10:30-12:00 pm	6/29-8/3	8/10-9/14
Adv. Beg. (11-15 yrs)	SA	10:30-12:00 pm	6/29-8/3	8/10-9/14
Intermed. (11-15 yrs)	SA	10:30-12:00 pm	6/29-8/3	8/10-9/14
Beginning (7-10 yrs)	SU	9:00-10:30 am	6/30-8/4	8/11-9/15
Adv. Beg. (7-10 yrs)	SU	9:00-10:30 am	6/30-8/4	8/11-9/15
Intermed. (7-10 yrs)	SU	9:00-10:30 am	6/30-8/4	8/11-9/15
Beginning (11-15 yrs)	SU	10:30-12:00 pm	6/30-8/4	8/11-9/15
Adv. Beg. (11-15 yrs)	SU	10:30-12:00 pm	6/30-8/4	8/11-9/15
Intermed. (11-15 yrs)	SU	10:30-12:00 pm	6/30-8/4	8/11-9/15

#### 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 fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time	Session I	Session II
Beginning (11-15 yrs)	TU	4:00-5:30 pm	6/25-7/30	8/6-9/10
Adv. Beg. (11-15 yrs)	TU	4:00-5:30 pm	6/25-7/30	8/6-9/10
Intermed. (11-15 yrs)	TU	4:00-5:30 pm	6/25-7/30	8/6-9/10
Int./Adv. (11-15 yrs)	TU	5:30-7:00 pm	6/25-7/30	8/6-9/10
Beginning (7-10 yrs)	TH	4:00-5:30 pm	6/27-8/1	8/8-9/12
Adv. Beg. (7-10 yrs)	TH	4:00-5:30 pm	6/27-8/1	8/8-9/12
Intermed. (7-10 yrs)	TH	4:00-5:30 pm	6/27-8/1	8/8-9/12
Int./Adv (7-10 yrs)	TH	5:30-7:00 pm	6/27-8/1	8/8-9/12
Beginning (11-15 yrs)	SA	9:00-10:30 am	6/29-8/3	8/10-9/14
Adv. Beg. (11-15 yrs)	SA	10:30-12:00 pm	6/29-8/3	8/10-9/14
Intermed. (11-15 yrs)	SA	12:00-1:30 pm	6/29-8/3	8/10-9/14

#### Junior Development Teams (Ages 9-17)

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

\$149 Resident, \$164 Non-Resident fee

All classes taught at Sunnyvale Tennis Center

Level	Day	Time	Session I	Session II
Intro to Bronze & Bronze (10-17 yrs)	MO	4:00-6:00 pm	6/24-7/29	8/5-9/9
Silver & Gold (10-17)	WE	4:00-6:00 pm	6/26-7/31	8/7-9/11
Intro to Bronze & Bronze (10-17)	FR	6:30-8:30 pm	6/28-8/2	8/9-9/13
Silver & Gold (10-17)	FR	6:30-8:30 pm	6/28-8/2	8/9-9/13
Intro to Bronze & Bronze (10-17)	SA	2:00-4:00 pm	6/29-8/3	8/10-9/14
Silver & Gold (10-17)	SU	2:00-4:00 pm	6/30-8/4	8/11-9/15

#### 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 go to [www.lifetimetennis.com](http://www.lifetimetennis.com)

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

2 Summer sessions run for 6 weeks each.

For additional information please call 408-735-7285



Summer 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 camps run every week (M-F) from June 10th-August 30th All classes taught at Sunnyvale Tennis Center

Little Tennis & Little Rallyers (4-6 yrs) • Improvement & Match Play (7-15 yrs)

Table with 3 columns: Level, Day, Time. Rows include Little Tennis & Little Rallyers (4-6 yrs), Improvement & Match Play (7-15 yrs), and Improvement & Match Play (7-15 yrs).

Adult Tennis Classes - Summer

Adult Tennis Lessons (Ages 16+)

Session is 6 weeks long • Student / teacher ratio is 8:1 \$109 Resident, \$120 Non-Resident fee All classes taught at Sunnyvale Tennis Center

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists various tennis levels from Beginning to Intermed/Adv with corresponding 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 fee All classes taught at Sunnyvale Tennis Center

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Academy (USTA Prep) classes for NTRP 3.0+, 2.5-3.0, 3.5-4.0, and 2.5-3.0.

Adult Drill Classes

Session is 6 weeks long • Student / teacher ratio is 6:1 \$96 Resident, \$106 Non-Resident fee All classes taught at Sunnyvale Tennis Center

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Ladies Advanced Drill and Men's Advanced Drill.

Private lessons are available. For more information, visit www.lifetimetennis.com

New Program! 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 fee All classes taught at Sunnyvale Tennis Center

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Cardio classes on TU and TH.

Ponderosa Park Tennis Classes (Ages 9-16)

Session is 6 weeks long • Student / teacher ratio is 8:1 \$129 Resident, \$142 Non Resident fee All classes taught at Ponderosa Park Classes meet twice a week

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Beginning and Adv Beg classes on MO & WE.

Serra Park Tennis Classes (Ages 7-16)

Session is 6 weeks long Little Tennis Classes \$89 Resident \$98 Non-Resident fee (4:1 ratio) Youth Classes \$109 Resident, \$120 Non Resident fee (8:1 ratio) All classes taught at Serra Park

Table with 5 columns: Level, Day, Time, Session I, Session II. Lists Little Tennis (5-6 yrs), Beginning (7-8 yrs), Beginning (9-16 yrs), Adv. Beg. (9-16 yrs), and Intermed. (9-16 yrs) classes.

Summer 2013 Tennis Descriptions

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

LITTLE TENNIS & ATHLETIC DEVELOPMENT PROGRAM

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 (6-9 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

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.

INTRO TO BRONZE, BRONZE, SILVER & GOLD LEVELS

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.

Tennis