



Lifetime Activities at the Sunnyvale Municipal Tennis Center

Sunnyvale Municipal Tennis Center • 755 South Mathilda Avenue • lifetimeactivities.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. Fees are based on a higher level of service which includes the ability to reserve courts and the provision of a well-stocked pro shop with racket stringing service. For more information about class descriptions, registration, private lessons and ball machine rental, visit lifetimeactivities.com, or call 408-735-7285. Office hours are Monday – Friday, 8 a.m. – 10 p.m., Saturday and Sunday 8 a.m. – 8 p.m.

Session I classes are seven-weeks long. Session II classes are six-weeks long. Unless noted, all classes are held at the Sunnyvale Municipal Tennis Center.



Youth Tennis Classes

Little Tennis & Athletic Development (4 – 6 years)

Student/teacher ratio is 4:1. Fee for Session I, seven-week classes, is \$121 resident and \$133 non-resident. Fee for Session II, six-week classes, is \$104 resident and \$114 non-resident.

Table with 6 columns: Day, Time, Session I, Code, Session II, Code. Lists tennis classes for days M-Su with times and codes.

Little Ralliers (5 – 6 years)

Student/teacher ratio is 4:1. Fee for Session I, seven-week classes, is \$161 resident and \$177 non-resident. Fee for Session II is \$138 resident and \$152 non-resident. Instructor recommendation and approval required.

Table with 6 columns: Day, Time, Session I, Code, Session II, Code. Lists tennis classes for days Tu-Su with times and codes.

Youth Tennis Lessons – 4:1 Ratio (7 – 15 years)

Student/teacher ratio is 4:1. Fee for Session I, seven-week classes, is \$244 resident and \$268 non-resident. Fee for Session II, six-week classes, is \$209 resident and \$230 non-resident.

Table with 8 columns: Level, Age, Day, Time, Session I, Code, Session II, Code. Lists tennis lessons for levels Beg, Adv Beg, Int with days and times.

Youth Tennis Lessons – 8:1 Ratio (7 – 15 years)

Student/teacher ratio is 8:1. Fee for Session I, seven-week classes, is \$148 resident and \$163 non-resident and for Session II, six-week classes, is \$127 resident and \$140 non-resident.

Table with 8 columns: Level, Ages, Day, Time, Session I, Code, Session II, Code. Lists tennis lessons for levels Beg, Adv Beg, Int with ages and days.

Table with 8 columns: Level, Day, Time, Session I, Code, Session II, Code. Lists tennis classes for levels Int, Beg, Adv Beg, Int with days and times.

Tournament Training (7 – 10 years)

Student/teacher ratio is 6:1. Fee for Session I is \$197 resident and \$217 non-resident and for Session II is \$169 resident and \$186 non-resident. This program is by invitation only. For more information, visit lifetimeactivities.com.

Junior Development Team (10 – 17 years)

Bronze/Silver – Student/teacher ratio is 8:1. Fee for Session I is \$203 resident and \$223 non-resident and for Session II is \$174 resident and \$191 non-resident.

Gold – Student/teacher ratio is 6:1. Fee for Session I is \$271 residents and \$299 non-residents and for Session II is \$232 residents and \$256 non-residents.

Match Play – Must be a currently enrolled Junior Team Member to participate. Fee for Session I is \$68 for resident and \$76 for non-resident and for Session II is \$58 residents and \$65 non-residents.

Table with 8 columns: Level, Day, Time, Session I, Code, Session II, Code. Lists tennis classes for levels Bronze, Silver, Gold, Match Play with days and times.

Other Sunnyvale Tennis Youth Class Locations

Ortega Park (4 – 10 years)

Classes meet weekly at Ortega Park.

Little Tennis – Student/teacher ratio is 4:1. Fee for Session I is \$121 resident and \$133 non-resident and for Session II \$104 residents and \$114 non-residents.

Youth Tennis Lessons – Student/teacher ratio is 8:1. Fee for Session I is \$148 resident and \$163 non-resident and for Session II \$127 resident and \$140 non-resident.

Table with 8 columns: Level, Age, Day, Time, Session I, Code, Session II, Code. Lists tennis classes for levels Little Tennis, Beg, Int, Adv Beg with ages and days.

Ponderosa Park (9 – 16 years)

Classes meet twice a week at Ponderosa Park. Student/teacher ratio is 8:1. Fee for Session I is \$211 residents and \$231 non-residents and for Session II is \$181 residents and \$198 non-residents.

Table with 8 columns: Level, Day, Time (1 Hr), Session I, Code, Session II, Code. Lists tennis classes for levels Beg, Adv Beg with days and times.

\*No class 7/4

## Youth Camps

### Little Tennis and Little Rallyers Camp (4 – 6 years)

Monday – Friday, 9 a.m. – 10:30 a.m. (ninety-minute camp). Student/teacher ratio is 4:1. Resident \$176, non-resident \$194.

Week	Code								
5/25	90001	6/20	90004	7/11	90007	8/1	10002	8/22	10005
6/6	90002	6/27	90005	7/18	90008	8/8	10003	8/29	10006
6/13	90003	7/5	90006	7/25	10001	8/15	10004	9/6	10007

### Little Rallyers Camp (5 – 6 years)

Monday – Friday, 9 a.m. – 12 p.m. (three-hour camp). Student/teacher ratio is 4:1. \$317 resident, \$349 non-resident.

Week	Code								
5/25	90011	6/20	90014	7/11	90017	8/1	10012	8/22	10015
6/6	90012	6/27	90015	7/18	90018	8/8	10013	8/29	10016
6/13	90013	7/5	90016	7/25	10011	8/15	10014	9/6	10017

### Improvement/Match Play A.M. Camp (7 – 15 years)

Monday – Friday, 9 a.m. – 12 p.m. (three-hour camp). Student/teacher ratio is 8:1. \$228 resident, \$251 non-resident.

Week	Code								
5/25	90021	6/20	90024	7/11	90027	8/1	10022	8/22	10025
6/6	90022	6/27	90025	7/18	90028	8/8	10023	8/29	10026
6/13	90023	7/5	90026	7/25	10021	8/15	10024	9/6	10027

### All-day Camp (7 – 15 years)

Monday – Friday, 9 a.m. – 5 p.m. (eight-hour camp). Student/teacher ratio is 8:1. \$517 resident, \$569 non-resident.

Week	Code								
5/25	90031	6/20	90034	7/11	90037	8/1	10032	8/22	10035
6/6	90032	6/27	90035	7/18	90038	8/8	10033	8/29	10036
6/13	90033	7/5	90036	7/25	10031	8/15	10034	9/6	10037

### Early Bird Drop-off (7 – 15 years)

Convenient early bird drop-off option from 8 a.m. to 9 a.m. For only \$5 per day, your student gets a head start on off-court activities with educational games, tactics and strategies under the guidance of a Lifetime Tennis instructor. \$25 resident, \$25 non-resident. Must be enrolled in Improvement/Match Play Camp (a.m. or all-day).

Week	Code								
5/25	90041	6/20	90044	7/11	90047	8/1	10042	8/22	10045
6/6	90042	6/27	90045	7/18	90048	8/8	10043	8/29	10046
6/13	90043	7/5	90046	7/25	10041	8/15	10044	9/6	10047

## Adult Tennis Classes

### Adult Tennis Lessons – 4:1 Ratio (16+)

Student/teacher ratio is 4:1. Fee for Session I, seven-week classes, is \$165 resident and \$181 non-resident and for Session II, six-week classes, is \$141 resident and \$155 non-resident.

Level	Day	Time	Session I	Code	Session II	Code
Beg	M	12 p.m. – 1 p.m.	6/6 – 7/25*	9087	8/1 – 9/5	1087
Adv Beg	W	12 p.m. – 1 p.m.	6/8 – 7/20	9088	7/27 – 8/31	1088
Int	F	12 p.m. – 1 p.m.	6/10 – 7/22	9089	7/29 – 9/2	1089

### Adult Tennis Lessons – 6:1 Ratio (16+)

Student/teacher ratio is 6:1. Fee for Session I, seven-week classes, is \$197 resident and \$217 non-resident and for Session II, six-week classes, is \$169 resident and \$186 non-resident.

Level	Day	Time	Session I	Code	Session II	Code
Beg	M	6:30 p.m. – 8 p.m.	6/6 – 7/25*	9049	8/1 – 9/5	1049
Beg	Tu	10:30 a.m. – 12 p.m.	6/7 – 7/19	9050	7/26 – 8/30	1050
Beg	W	6:30 p.m. – 8 p.m.	6/8 – 7/20	9051	7/27 – 8/31	1051
Beg	Sa	8:30 a.m. – 10 a.m.	6/11 – 7/23	9052	7/30 – 9/3	1052
Beg	Su	8:30 a.m. – 10 a.m.	6/12 – 7/24	9053	7/31 – 9/4	1053
Adv Beg	M	8 p.m. – 9:30 p.m.	6/6 – 7/25*	9054	8/1 – 9/5	1054
Adv Beg	W	10:30 a.m. – 12 p.m.	6/8 – 7/20	9055	7/27 – 8/31	1055
Adv Beg	W	8 p.m. – 9:30 p.m.	6/8 – 7/20	9056	7/27 – 8/31	1056

Adv Beg	Sa	10 a.m. – 11:30 a.m.	6/11 – 7/23	9057	7/30 – 9/3	1057
Adv Beg	Su	10 a.m. – 11:30 a.m.	6/12 – 7/24	9058	7/31 – 9/4	1058
Int	M	8 p.m. – 9:30 p.m.	6/6 – 7/25*	9059	8/1 – 9/5	1059
Int	W	8 p.m. – 9:30 p.m.	6/8 – 7/20	9060	7/27 – 8/31	1060
Int	Sa	11:30 a.m. – 1 p.m.	6/11 – 7/23	9061	7/30 – 9/3	1061
Int	Su	11:30 a.m. – 1 p.m.	6/12 – 7/24	9062	7/31 – 9/4	1062

## Adult Specialty Classes

### Adult Cardio Classes (16+)

Student/teacher ratio is 6:1. Fee for Session I, seven-week classes, is \$99 resident and \$109 non-resident and for Session II, six-week classes, is \$85 resident and \$93 non-resident.

Level	Day	Time	Session I	Code	Session II	Code
Cardio	W	8 p.m. – 8:45 p.m.	6/8 – 7/20	9075	7/27 – 8/31	1075
Cardio	Sa	8:30 a.m. – 9:15 a.m.	6/11 – 7/23	9076	7/30 – 9/3	1076

### Academy – USTA (16+)

Student/teacher ratio is 6:1. Fee for Session I, seven-week classes, is \$197 resident and \$217 non-resident and for Session II, six-week classes, is \$169 resident and \$186 non-resident.

Level	Day	Time	Session I	Code	Session II	Code
NTRP 2.5 – 3.0	Tu	6:30 p.m. – 8 p.m.	6/7 – 7/19	9063	7/26 – 8/30	1063
NTRP 2.5 – 3.0	Su	8:30 a.m. – 10 a.m.	6/12 – 7/24	9064	7/31 – 9/4	1064
NTRP 3.0+	Tu	9 a.m. – 10:30 a.m.	6/7 – 7/19	9065	7/26 – 8/30	1065
NTRP 3.0+	Th	9 a.m. – 10:30 a.m.	6/9 – 7/21	9066	7/28 – 9/1	1066
NTRP 3.5 – 4.0	Th	6:30 p.m. – 8 p.m.	6/9 – 7/21	9067	7/28 – 9/1	1067
NTRP 3.5 – 4.0	Su	10 a.m. – 11:30 a.m.	6/12 – 7/24	9068	7/31 – 9/4	1068
NTRP 4.0+	W	6:30 p.m. – 8 p.m.	6/8 – 7/20	9069	7/27 – 8/31	1069

### Adult Stroke Specific Classes (16+)

Student/teacher ratio is 6:1. Fee for Session I, seven-week classes, is \$132 resident and \$145 non-resident and for Session II, six-week classes, is \$113 resident and \$124 non-resident. Level Intermediate+ is required.

Level	Day	Time	Session I	Code	Session II	Code
Specialty Shots	Sa	2 p.m. – 3 p.m.	6/11 – 7/23	9072	7/30 – 9/3	1072
Passing Shots & Lobs	Sa	3 p.m. – 4 p.m.	6/11 – 7/23	9073	7/30 – 9/3	1073
Forehand/Backhand	Sa	4 p.m. – 5 p.m.	6/11 – 7/23	9074	7/30 – 9/3	1074

### Adult Drill Classes (16+)

Student/teacher ratio is 6:1. Fee for Session I, seven-week classes, is \$132 resident and \$145 non-resident and for Session II, six-week classes, is \$113 resident and \$124 non-resident. Level Intermediate+ is required.

Level	Day	Time	Session I	Code	Session II	Code
Ladies Adv Drill	Tu	7 p.m. – 8 p.m.	6/7 – 7/19	9077	7/26 – 8/30	1077
Ladies Adv Drill	Fr	7 p.m. – 8 p.m.	6/10 – 7/22	9079	7/29 – 9/2	1079
Mens Adv Drill	Tu	8 p.m. – 9 p.m.	6/7 – 7/19	9078	7/26 – 8/30	1078
Mens Adv Drill	F	8 p.m. – 9 p.m.	6/10 – 7/22	9080	7/29 – 9/2	1080

### Adult Matchplay (16+)

Fee for Session I, seven-week classes, is \$105 resident and \$111 non-resident and for Session II, six-week classes, is \$90 resident and \$95 non-resident.

Level	Day	Time	Session I	Code	Session II	Code
2.5 – 3.0	F	8 p.m. – 9:30 p.m.	6/10 – 7/22	9070	7/29 – 9/2	1070
3.5+	M	8 p.m. – 9:30 p.m.	6/6 – 7/25*	9071	8/1 – 9/5	1071

### Quick Start Camps **NEW** (16+)

Student/teacher ratio is 6:1. Fee for the three-hour camp is \$53 resident and \$59 non-resident. For more information, visit [lifetimeactivities.com](http://lifetimeactivities.com).

**Tennis 101** – Ideal for the beginning adult player with limited or no experience who wants to begin playing a real game of tennis immediately.

**Tennis 201** – A continuation of Quick Start 101 for the adult player who is interested in more advanced concepts and understanding the path for improvement.

Level	Day	Time (3 Hrs)	Session I	Code	Session II	Code
101	Sa	3 p.m. – 6 p.m.	6/11	9200	7/23	9206
101	Sa	3 p.m. – 6 p.m.	6/25	9202	8/61	1200
101	Sa	3 p.m. – 6 p.m.	7/9	9204	8/20	1202
201	Sa	3 p.m. – 6 p.m.	6/18	9201	7/30	1201
201	Sa	3 p.m. – 6 p.m.	7/2	9203	8/13	1203
201	Sa	3 p.m. – 6 p.m.	7/16	9205	8/27	1205

\*No class 7/4