

The Lexington Tennis Club
410 Redding Rd.
Lexington, KY 40517



Winter 2012



Adult Programs Session 1

Hit-n-Move Clinic

This clinic is for women & men who want to work on court movement & positioning. If you are looking for a quick way to improve your game, this clinic is for you!

Tuesday 9:30am-11am \$30M/\$40NM

Contact Brett for more info: brett@ltctennis.com

3.5 Doubles Clinic

This clinic focuses on doubles techniques and strategies for 3.5 women.

Wednesdays 12:30-2pm \$30M/\$40NM

Contact Brett for more info: brett@ltctennis.com

Progressive Leagues

A Progressive Doubles or Singles League is a cross between a league and a mixer. Players move up & down courts and play with different partners and against different opponents throughout.

Contact Mike Mize for more info: 859-351-5845

Day Time Progressive Singles

Tuesdays 12:-1:30 pm \$20M/ \$30 NM

All levels welcome

Day Time Progressive Doubles

Thursdays 11:am-12:30 pm \$15M/\$25 NM

All levels welcome

Extreme Tennis

Train like the pros! This is a high intensity clinic for men and women who are 4.0-4.5 level and want to work hard and have fun. Fridays 7-8:30 am. \$30M/\$40NM

Contact Don for more info: don@ltctennis.com

Tennobics

Designed with the needs of the senior citizen in mind.

Tennobics combines drill work, point play and light stretching exercises into 1 fun hour.

Monday, Tuesday & Fridays 1-2pm \$7M/\$12NM

Cardio Tennis

Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate high intensity workout.

Wednesdays 6-7pm

Saturdays 9-10am

\$20M/\$30NM Must contact Jo to register: joanne@ltctennis.com

Sessions

Session 1: Wednesday January 4th– Sat February 18th

6 or 7 Weeks, *prices vary*

Session 2: Mon. February 20st—Sat. Mar 31st

Session 3: Mon. April 9th—Sat May 19th.

Notes

Prices may vary slightly depending on the length of each session.

Please see front desk for details.

Payment is due at time of registration

(859) 272-4546

www.ltctennis.com

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LTC TENNIS SCHOOL SESSION 1

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LTC'S Tennis School is our comprehensive program for new and returning players. The Tennis School is designed to take a new player, or one who has been away from the game for a while, from the couch to playing matches in a very short time. Players who complete each 6 week session of the Tennis School series should be ready to play USTA League Tennis!

TENNIS 101

Tennis 101 is the first class that new & returning players should take. We will cover basic stroke production of forehands, backhands, volleys & serves, as well as scoring.

TENNIS 102

Tennis 102 is for those who have completed, or would like additional training while taking Tennis 101. We will continue to work on stroke production while also introducing the basics of singles and doubles match play.

TENNIS 103

Tennis 103 is all about playing in a variety of situations. We will discuss singles & doubles strategies, such as court positioning and movement, in a point & match play setting.

SCHEDULING & PRICING

TENNIS 101

Tuesdays	6-7 pm	\$102 (6 wks)
Wednesdays:	9:30-10:30am	\$119 (7 wks)
Fridays	10-11 am	\$119 (7 wks)
Saturdays	10-11 am	\$119 (7 wks)

TENNIS 102

Thursdays	6-7 pm	\$119 (7 wks)
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TENNIS 103

Thursdays	6-7pm	\$119 (7 wks)
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SKILLS & DRILLS

Basic drills aimed at improving consistency and accuracy for the beginner-intermediate player.

Fridays 12-1pm \$20M/\$30NM

Contact Matt Hill to register matt@lctennis.com

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Adult Programs

Singles Flex League

Flex league is a great way to be able to schedule matches at your convenience and meet new people. You sign up for a 6 week session, you are told who you are going to be playing and then you schedule them when you can play!

4 matches in 6 weeks.

Please contact Matt for more information, matt@lctennis.com

SPECIAL DATES

January 13th & 14th

Come out to LTC January 13th and 14th to watch the best college tennis in the country. We are hosting SEC Indoor Championships.

Sunday February 5th

7:00pm

UK Mens vs Abilene Christian

Friday February 24th

6:00pm with all day Silent Auction
Indian Summer Camp Charity Event