



## 2024 WINTER/SPRING ADULT TENNIS PROGRAM @ FOUNTAIN VALLEY

January 2<sup>nd</sup> – June 30<sup>th</sup>

Intermediate, Beginner, Cardio Doubles & Adult Development Drills

1.5/HR \$30

Advanced Drills 1.5/HR \$32.50

*\*All Programs are an 8:1 Ratio except Cardio Doubles 10:1*

### **CARDIO DOUBLES**

Must have a 3.0 or higher USTA rating.

These classes are for players who play 3.0 level tennis or higher and/or have experience. Players must be able to sustain a 10 ball + rally to join. Focused on fast paced point play, strategy, and movement.

Mondays: 7:00-8:30PM      Wednesdays: 7:00-8:30PM

### **ADULT DEVELOPMENT DRILLS**

These classes are for players who play 2.5-3.5. The class focuses on refining your technique through racquet fed drills, repetition, and coach feedback.

Friday: 6:00-7:30PM

### **BEGINNER DRILLS**

These classes are for beginning/advanced beginner level players who are looking to learn and improve who are new to tennis or have little or no match play experience.

Wednesday & Thursdays: 7:00-8:30PM      Saturdays: 9:00-10:30AM

### **INTERMEDIATE DRILLS**

These classes are for players who play 3.0-3.5 and are looking to advance their tactics and strategies.

Players must be able to:

Sustain a 15-ball rally, use top spin and slice, control and direct the ball.

Tuesday: 6:00-7:30pm      Thursday: 9:00-10:30AM      Saturdays: 10:30AM- 12:00PM

### **ADVANCED DRILLS**

These classes are for players who play 3.5-4.0 level tennis or higher.

Players must be able to:

Sustain a 20-ball rally, use topspin and slice, control and direct the ball to specific targets.

Contact [preetig@agapetennisacademy.com](mailto:preetig@agapetennisacademy.com) or the office @ 714-587-0797 to register for this class.

**No online registration.**

Tuesday & Thursday: 7:30 – 9:00PM

**IMPORTANT POLICIES:**

*\*If you are not sure what level/class you should be in,  
contact our Director of Adults, Coach Preeti @ [preetig@agapetennisacademy.com](mailto:preetig@agapetennisacademy.com).*

*\*Sign up online at [www.agapetennisacademy.com](http://www.agapetennisacademy.com) to guarantee spot*

*\*Payment is required at time of registration*

*\*Drop-ins for classes will be allowed if minimum number of students has been met*

*\*Credits will be issued for weather-related cancellations*

*\*Pro Shop will email cancellations and updates on adult program classes*

*\*All Programs are an 8:1 Ratio*

**EMAIL [FVINFO@AGAPETENNISACADEMY.COM](mailto:FVINFO@AGAPETENNISACADEMY.COM) OR CALL (714) 587-0797**