

821 December Tennis Programming

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1.</p> <p>8:00 AM Fundamentals</p> <p>Forehand Consistency</p> <p>9:00 AM Intermediate</p> <p>Point Play Focus</p> <p>10:00AM Advanced</p> <p>Offense Groundstrokes</p>	<p>2.</p> <p>7:15 AM Intermediate</p> <p>Forehand Footwork</p> <p>8:15 AM Fundamentals</p> <p>Forehand Clean Up</p> <p>9:15 AM: Intermediate</p> <p>Forehand Footwork</p> <p>4:30-5:30PM Intermediate</p> <p>Point Play</p>	<p>3.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Forehand Consistency</p>	<p>4.</p> <p>7:15 AM Intermediate</p> <p>Forehand Grind</p> <p>8:15 AM Fundamentals 2.0</p> <p>Groundstrokes & Footwork</p> <p>9:15 AM: Intermediate</p> <p>Mixed Strokes Grind</p> <p>4:30 PM Cardio Tennis</p>	<p>5.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Backhand Consistency</p>	<p>6.</p> <p>7:15 AM: Intermediate/Advanced Combo – Ground Stroke Point Play</p> <p>8:15 AM Challengers League Practice</p>	<p>7.</p> <p>8:00 AM Fundamentals</p> <p>Forehand Basics</p> <p>9:00 AM Intermediate</p> <p>Volley Point Play</p> <p>10:00AM Advanced</p> <p>Volley Overhead Grind</p> <p>10:00AM Speed & Agility Fitness Workshop w/Joe Sigona</p>
<p>8.</p> <p>8:00 AM Fundamentals</p> <p>Backhand Basics</p> <p>9:00 AM Intermediate</p> <p>Groundstrokes Target and Point Play</p> <p>10:00AM Advanced</p> <p>Back Hand Grind</p>	<p>9.</p> <p>7:15 AM Intermediate</p> <p>Volley Practice & Targets</p> <p>8:15 AM Fundamentals</p> <p>Introduction to Volleys</p> <p>9:15 AM: Intermediate</p> <p>Volley Practice & Targets</p> <p>4:30PM Intermediate</p> <p>Volley & Overhead Targets</p>	<p>10.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Volley Calibration</p>	<p>11.</p> <p>7:15 AM Intermediate</p> <p>Doubles Offense/Defense Volleys</p> <p>8:15 AM Fundamentals 2.0</p> <p>Overheads & Volleys</p> <p>9:15 AM: Intermediate</p> <p>Mixed Stroke Grind</p> <p>4:30 PM Cardio Tennis</p>	<p>12.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Volley + Groundstroke Point Play</p>	<p>13.</p> <p>7:15 AM: Intermediate/Advanced Combo</p> <p>Volley/OverHead Point Play</p> <p>8:15 AM Challengers League Practice</p>	<p>14.</p> <p>8:00 AM Fundamentals</p> <p>Forehand Basics</p> <p>9:00 AM Intermediate</p> <p>Groundstroke & Volley Offense Point Play</p> <p>10:00AM Advanced</p> <p>Volley Depth and Overhead Target</p>

<p>15.</p> <p>8:00 AM Fundamentals</p> <p>Introduction to Serves</p> <p>9:00 AM Intermediate</p> <p>Groundstrokes & Serves</p> <p>10:00AM Advanced</p> <p>High Level Groundstrokes & Serves</p>	<p>16.</p> <p>7:15 AM Intermediate</p> <p>Game Morning Play</p> <p>8:15 AM Fundamentals</p> <p>Forehand Basics</p> <p>9:15 AM: Intermediate</p> <p>Backhand Grind</p> <p>4:30PM Intermediate (Julia)</p> <p>Backhand Grind</p>	<p>17.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Overheads & Serves</p>	<p>18</p> <p>7:15 AM Intermediate</p> <p>Groundstrokes & Serve Returns</p> <p>8:15 AM Fundamentals 2.0</p> <p>Backhand Grind</p> <p>9:15 AM: Intermediate</p> <p>Forehand Grind</p> <p>4:30 PM Cardio Tennis</p>	<p>19.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Groundstrokes & Serve Returns</p>	<p>20.</p> <p>7:15 AM: Intermediate/Advanced Combo</p> <p>Game Play & Serve Practice</p> <p>8:15 AM Challengers League Practice</p>	<p>21.</p> <p>8:00 AM Fundamentals</p> <p>Backhand Basics</p> <p>9:00 AM Intermediate</p> <p>Game Day & Serves</p> <p>10:00AM Advanced</p> <p>High Level Serve & Point Play</p>
<p>22.</p> <p>8:00 AM Fundamentals</p> <p>Mixed Drills & Point Play</p> <p>9:00 AM Intermediate</p> <p>Mixed Drills & Point Play</p> <p>10:00AM Advanced</p> <p>High Level Mixed Drills & Point Play</p>	<p>23.</p> <p>7:15 AM Intermediate</p> <p>Volleys & Overhead Point Play</p> <p>8:15 AM Fundamentals</p> <p>Volley Intro/Basics</p> <p>9:15 AM: Intermediate</p> <p>Groundstrokes, Approach Shot Practice</p> <p>4:30PM Intermediate</p> <p>Volleys & Overhead Point Play</p>	<p>24.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Game Day/Point Play</p>	<p>25.</p> <p>X-MAS No Class</p>	<p>26.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Game Day/Point Play</p>	<p>27.</p> <p>7:15 AM: Intermediate/Advanced Combo</p> <p>Game Day</p>	<p>28.</p> <p>8:00 AM Fundamentals</p> <p>Forehand Point Play</p> <p>9:00 AM Intermediate</p> <p>Volley Offense/Defense Point play</p> <p>10:00AM Advanced</p> <p>Doubles Point Play</p>

<p>29.</p> <p>8:00 AM Fundamentals</p> <p>Backhand Point Play</p> <p>9:00 AM Intermediate</p> <p>Forehand Grind</p> <p>10:00AM Advanced</p> <p>Non-Stop Point play</p>	<p>30.</p> <p>7:15 AM Intermediate</p> <p>Backhand Grind</p> <p>8:15 AM Fundamentals</p> <p>Intro to Backhands</p> <p>9:15 AM: Intermediate</p> <p>Backhand Grind</p> <p>4:30PM Intermediate</p> <p>Groundstroke Point Play</p>	<p>31.</p> <p>7:15 AM Fundamentals 2.0</p> <p>Volleys & Serves</p>				
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