



2019 SUMMER ADULT TENNIS PROGRAM AT DEKALB TENNIS CENTER

June 1st – July 30th

Cardio, Beginner, Intermediate Low, Intermediate and Intermediate High Levels

1.5 HR \$27 1HR \$18

CARDIO TENNIS

Must have a 3.25-4.0 /High C – AA rating

Cardio tennis is a fast paced, fun, and high intensity class with upbeat music. Participants will hit hundreds of balls, stay moving in a fast-paced tempo, and integrate tennis specific movements and footwork into this one hour workout.

Mondays: 8:00-9:00AM Thursdays: 7:00-8:00PM

BEGINNER CLASSES

These classes are for players who are new or have little or no match play experience

These classes are for beginning/advanced beginner level players who are looking to learn and improve. These players will learn proper technique, rallying abilities, how to keep score, play matches and prepare for USTA and ALTA league teams. Players will develop the skills needed to enjoy the sport for a lifetime.

**Mondays: 6:30-8:00PM Wednesdays: 6:30-8:00PM
Saturdays: 9:00-10:30AM Sundays: 9:00-10:30AM**

INTERMEDIATE LOW CLASSES

Must have a 3.0/B or C level rating or higher and have match play experience

These classes are for players who have some match play experience.

Players will learn match play strategies, increase rallying abilities, learn proper technique, and develop new shots.

Players must be able to:

Sustain a 10-ball rally, have match play experience, consistently get serves in

Tuesdays: 6:30-8:00PM Thursdays: 6:30-8:00PM

INTERMEDIATE CLASSES

Must have a 3.5/B level rating or higher

These classes are for players who play 3.5/ B level tennis or higher.

Players will learn more advanced strategies, proper court movement and positioning, increase rallying abilities, improve proper technique, and develop more options for their games.

Players must be able to:

Sustain a 15-ball rally, use top spin, consistently get serves in

Mondays: 9:00-10:30AM, 6:30-8:00PM

Tuesdays: 6:30-8:00PM

Wednesdays: 9:00-10:30AM, 6:30-8:00PM

Fridays: 9:00-10:30AM

Saturdays: 10:30-12:00PM

INTERMEDIATE HIGH CLASSES

Must have a 3.75-4.0/High B – A rating

These classes are for players who play 3.75-4.0 / A level tennis or higher. Players will learn advanced strategies, court movement, positioning, and a multitude of shots and spins in a more intensive and faster paced learning environment.

Thursdays: 6:30-8:00PM

Saturdays: 12:00-1:30PM Sundays: 10:30-12:00PM

Important Policies:

****Sign up online at www.agapetennisacademy.com to guarantee spot***

****Online registration closes one hour prior to the start of class***

****Low Ratio policy: 1 person =30 mins; 2 people = 1hour; 3 or more = full class***

****Please note the specific requirements of each class to determine where you belong***

****Account credits will be issued for rain or weather-related cancellations***

****Please check with the Pro Shop to ensure we have your proper email address as this is how we will communicate cancellations and adult program updates***

****Some classes might be subject to change during ALTA/USTA seasons***

**PLEASE EMAIL INFO@AGAPETENNISACADEMY.COM OR CALL (404) 636-5628
TO REGISTER OR FOR ANY QUESTIONS ABOUT PLACEMENT**