

COMPETITION TRAINING



The Competition Training program provides players with the focused practice and training methods required for accelerated development and competitive play. Most players will compete in Junior Team Tennis leagues or local tournaments. Our pros focus on developing well rounded, all-court players with an emphasis on good footwork and solid fundamentals. The curriculum is comprised of drilling, matchplay, detailed technique instruction, and the use of innovative teaching tools to challenge players physically and mentally. The environment is energetic, challenging and supportive. We believe that the best practices are intense and fun to keep our young players coming back for more.



RECOMMENDED RACQUET

Lifetime Tennis recommends that players use a performance racquet. We offer entry level performance racquets at our pro-shop.



APPROPRIATE FOOTWEAR

Players are required to wear tennis shoes that are specifically designed for use on the tennis court. Lateral support and stability is crucial to tennis players, as many of the quick movements executed on the tennis court are side-to-side cuts, rather than heel-to-toe running.



SUMMER 2021 SESSION 1

For registration please contact Jennies@lifetimeactivities.com | 2x per week required.

DAY	TIME	SESSION 1	FEES	CODE
Tue Thur	3:45 - 5:45pm 3:45 - 5:45pm	6/8 - 7/15	\$672	14156
Tue Sat	3:45 - 5:45pm 2:00 - 4:00pm	6/8 - 7/17	\$672	14155
Thur Sat	3:45 - 5:45pm 2:00 - 4:00pm	6/10 - 7/17	\$672	14157
Tue Thur Sat	3:45 - 5:45pm 3:45 - 5:45pm 2:00 - 4:00pm	6/8 - 7/13 6/10 - 7/15 6/12 - 7/17	\$336 \$336 \$336	14161 14163 14165

SUNDAY JUNIOR MATCHPLAY *No class on Sun 7/4*

Orange Ball 7-10Y	12:15 - 1:45pm	Sun 6/13 - 7/18	\$120 R/ \$144 NR	14101
Green Dot Ball 7-12Y	2:00 - 4:00pm	Sun 6/13 - 7/18	\$160 R/ \$192 NR	14103
Yellow Ball 7-14Y	4:15 - 6:15pm	Sun 6/13 - 7/18	\$160 R/ \$192 NR	14105

Cupertino Sports Center
21111 Stevens Creek Blvd.
Call us at 408-777-3169



Visit us online at
www.lifetimeactivities.com

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SUMMER 2021 SESSION 2

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DAY	TIME	SESSION 1	FEES	CODE
Tue Thur	3:45 - 5:45pm 3:45 - 5:45pm	7/20 - 8/26	\$672	14159
Tue Sat	3:45 - 5:45pm 2:00 - 4:00pm	7/20 - 8/28	\$672	14158
Thur Sat	3:45 - 5:45pm 2:00 - 4:00pm	7/22 - 8/28	\$672	14160
Tue Thur Sat	3:45 - 5:45pm 3:45 - 5:45pm 2:00 - 4:00pm	7/20 - 8/24 7/22 - 8/26 7/24 - 8/28	\$336 \$336 \$336	14162 14164 14166

SUNDAY JUNIOR MATCHPLAY *No class on Sun 7/4*

Orange Ball 7-10Y	12:15 - 1:45pm	Sun 7/25 - 8/29	\$144 R/ \$173 NR	14102
Green Dot Ball 7-12Y	2:00 - 4:00pm	Sun 7/25 - 8/29	\$192 R/ \$231 NR	14104
Yellow Ball 7-14Y	4:15 - 6:15pm	Sun 7/25 - 8/29	\$192 R/ \$231 NR	14106

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