

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.

PROGRAM REQUIREMENTS



ATTENDANCE

Players are required to attend **2x/week minimum**.
Must receive an invitation or approval to participate in this program.



PERFORMANCE RACQUET

Lifetime Tennis recommends that players use a performance racquet. We offer entry level performance racquets at our pro-shop: Wilson Jr Blade Team | Jr Pro Staff | Jr Clash



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.



SPRING 2020 SCHEDULE

COMPETITION TRAINING

Ages **6-9** | Sessions are **6 weeks** long unless noted otherwise | **R:** Residents **N:** Non-Residents | *7-weeks

| DAY | TIME | SESSION 1 | FEES | SESSION 2 | FEES |
|-----|----------------|--------------|-------------------|------------|------------------|
| MON | 5:00 - 6:30pm | 3/16 - 4/20 | \$207 R/ \$239 N | 4/27 - 6/1 | \$207 R/ \$239 N |
| TUE | 5:00 - 6:30pm | 3/17 - 4/21 | \$207 R/ \$239 N | 4/28 - 6/2 | \$207 R/ \$239 N |
| WED | 4:30 - 6:00pm | 3/18 - 4/22 | \$207 R/ \$239 N | 4/29 - 6/3 | \$207 R/ \$239 N |
| TH | 5:00 - 6:30pm | 3/19 - 4/23 | \$207 R/ \$239 N | 4/30 - 6/4 | \$207 R/ \$239 N |
| FRI | 6:00 - 7:30pm | *3/13 - 4/24 | *\$242 R/ \$266 N | 5/1 - 6/5 | \$207 R/ \$239 N |
| SAT | 12:00 - 1:30pm | 3/14 - 4/18 | \$207 R/ \$239 N | 5/2 - 6/6 | \$207 R/ \$239 N |
| SUN | 12:30-2:00pm | 3/15 - 4/19 | \$207 R/ \$239 N | 5/3 - 6/7 | \$207 R/ \$239 N |

COMPETITION TRAINING SELECT

Ages **6-9** | Sessions are **6 weeks** long | **R:** Residents **N:** Non-Residents

| DAY | TIME | SESSION 1 | FEES | SESSION 2 | FEES |
|-----|---------------|-------------|------------------|------------|------------------|
| TUE | 5:00 - 6:30pm | 3/17 - 4/21 | \$207 R/ \$239 N | 4/28 - 6/2 | \$207 R/ \$239 N |
| TH | 5:00 - 6:30pm | 3/19 - 4/23 | \$207 R/ \$239 N | 4/30 - 6/4 | \$207 R/ \$239 N |

Pleasanton Tennis Center
5801 Valley Ave. CA 94566
Call us at 925-931-3449



Register online at

www.lifetimeactivities.com

facebook.com/lifetimeactivities

lifetime.activities