



SPRING BREAK 2018 March 12th-15th

8:30am – 10:00am --- Beginner to Intermediate (4 – 7 yrs old)

8:30am to 12:30pm --- Beginner to Advanced levels (8 to 16 yrs old)

Schedule: 8:30am to 10:00pm - Warm up, conditioning, speed & agility footwork exercises and tennis drills.

10:00am to 11:00am - Court strategy, stroke production and development with targets and controls.

11:00am to 11:30pm - Snack break

11:30am to 12:45pm - challenge matches and stretching.

Every group will work on physical fitness (within their skill level, ability and age), technique, stroke production, tactics, strategy, video analysis and match play or games (using the Quick Start program or the Advanced program).

12 hrs of footwork exercises, videos, stroke development, match play, and much more.

Full week price for 4 – 7 yrs old: \$85 – Daily price: \$20

Full week price for 8 – 16 yrs old: \$200 -- Daily price: \$65

Discounts: 5% discount for siblings when bringing in this flyer.

Location: Johnson High School tennis courts
23203 Bulverde Rd 78259

Please call 210-286-9061 or email mmartin@idealtennis.net for further questions or concerns.