

Tennis

REGISTRATION FOR ALL TENNIS PROGRAMS WILL BE TAKEN AT THE DISTRICT OFFICE, 147 Gregory Lane, Mon–Fri, 11 am–5 pm. To use VISA, MasterCard, or American Express, call 682–0896 or use the registration form on page 39. Classes may be combined or canceled based on number of registrants.

Monthly Group Lessons

5595 (Four one-hour classes)
(6–14 students)

Top-quality instruction is available through Pleasant Hill Recreation & Park District. Classes begin on the first day of the month and run four consecutive weeks through the end of the month. Choose the class that meets your schedule. If you want more than one lesson per week, register for multiple classes. Register at least one week prior to the first class, which always begins the first week of the month. Classes may be combined or canceled if minimum numbers are not reached. Students may play before and after class if courts are available. Tennis shoes and racquet required.

Instructor: Deborah Gantt, USTA Member
...U.S. National Tennis Academy Certified;
20 yrs. experience, College Park High School
Tennis Coach.

Playing Levels

(Adult/Teen, 13 yrs–Adult) (Youth 6–12 yrs)

B...Beginner – no tennis background or limited experience (1.5/below)

AB...Advanced Beginner – minimal skills and playing experience (2.0–2.5)

INT...Intermediate – familiar with all basic strokes; can maintain a rally and has some playing experience. Emphasis on refinement of skills, rallying, singles/doubles play, and strategy (3.0–3.5)

ADV...Advanced – knows all basic strokes; can maintain a rally and has playing experience. Emphasis on refinement of tennis skills (4.0–4.5)

❖ Fee: \$62 / Dist. Res. \$52

❖ College Park H.S. Tennis Courts
320 Civic Dr.: (adjacent to the
Community Ctr. parking lot)

❖ PH Education Ctr.: Tennis Courts,
1 Santa Barbara Rd.

Lessons By Arrangement

Can't make our scheduled classes? Call and tell us when you and/or your partner are available for either one or six hours of instruction. Register early; there is limited time available with our instructor. Arrange lessons, call (925) 682-0896.

Instructor: Deborah Gantt

5596 Private Lessons

Per hour (any age or level)

❖ Fee: \$67 / Dist. Res. \$57

Six one-hour classes (any age or level)

❖ Fee: \$292 / Dist. Res. \$277

5597 Semi-Private Lessons

(2 per / same level; must register together)

Per person / per hour

❖ Fee: \$36 / Dist. Res. \$30

Per person; six one-hour classes

❖ Fee: \$155 / Dist. Res. \$140

Footwork

Conditioning for Tennis New

(Adult/Teen, 13 yrs & up)

(4 classes, max 10 students)

Step up your game with cutting edge footwork on conditioning patterns. Learn how the pros move on the court; improve balance, gain confidence, and win more games!

5553 Monthly Jan., Feb. & Mar.

❖ Mon., 6:30–7:30 pm

❖ Fee: \$62 / Dist. Res. \$52

Jr. Tennis League

(6–12 yrs) (6 weeks)

(Beginners & Advance Beginners)

Bring your racket and your friends! Learn how to play, rally, and compete. PHR&PD Jr. Tennis League offers the best in tennis instruction and match play. Each class offers a “shot of the day” selection followed by match play.

Instructor: Deborah Gantt

5580 Apr. 18–May 23

.811 Sun., 3–4 pm / 6–8 yrs.

.812 Sun., 4–5 pm / 9–10 yrs.

.813 Sun., 5–6 pm / 11–12 yrs.

❖ Fee: \$73 / Dist. Res. \$63

❖ College Park H.S. Tennis Courts:
320 Civic Dr., (adjacent to the Community
Ctr. parking lot)

Sessions: .801 January .802 February .803 March .804 April

MONDAY



5553 Footwork-Conditioning

(Only Jan, Feb. & Mar.)

6:30–7:30 pm, CPHS

5582 Youth B/AB

(Only Apr.)

6:30–7:30 pm, CPHS

TUESDAY

5555 Adult/Teen B/AB

(Only Mar., Apr.)

6:30–7:30 pm, CPHS

WEDNESDAY

5584 Youth B/AB

6:30–7:30 pm, CPHS

5585 Youth INT

(Only Mar., Apr.)

7:30–8:30 pm, CPHS

THURSDAY

5565 Adult/Teen B/AB

6:30–7:30 pm, CPHS

5566 Adult/Teen INT

7:30–8:30 pm, CPHS

SATURDAY

5575 Adult/Teen B/AB

9–10 am, CPHS

5588 Youth B/AB

10–11 am, CPHS



Enjoy a workout! Join the Pleasant Hill Tennis Club!

Members enjoy weekly fun mixers, monthly tournaments, and USTA League play for all levels. Check the club calendar or print a membership application at the club website. Annual Membership: \$40/individual; \$50/family.

For information:

Anne Harpham **930-9608**,
email tennisanne101@astound.net,
or www.phtennisclub.org