

# ADULT TENNIS SCHEDULE

## February, 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cardio Tennis: 9-10 A	Cardio Tennis: 7:15-8:15 A Cardio Tennis: 8:30-9:30 A Doubles Night: 6-8 P	Cardio Tennis: 8:30-9:30 A Intermediates: 9:30-11 A Cardio Tennis: 5-6 P Advanced: 6-7:30 P	Cardio Tennis: 7:15-8:15 A Kitty's Play Day: 9-11 A Beginners: 9:30-11 A Cardio Tennis: 11:30 A-12:30 P Doubles Night: 6-8 P	Cardio Tennis: 8:30-9:30 A Ladies Doubles: 1-3 P Cardio Tennis: 5-6 P Intermediates: 6-7:30 P	Cardio Tennis: 8:30-9:30 A Intermediates: 9:30-11 A Cardio Tennis: 11-Noon	Cardio Tennis: 9-10 A Singles Strategy: 10-11 A
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		<b>Doron Popper</b> <i>Please welcome our new Tennis Pro Doron Popper! Doron teaches several classes on our schedule and is available</i>	for private and group instruction. Please feel free to call or email him at 303.601.7631 dpopper@destinationhotels.com to schedule a lesson.	<b>This Month...</b> <i>Aria's Abominable Snowman Classic - USTA adult tennis tournament for 3.5 and 4.0 players, February 24th-26th</i>		

## CLASS DESCRIPTIONS

### Clinics

Beginner: Learn all the basics in this fun, relaxed class (Level 1.0 – 2.5)

Intermediate: Improve and fine tune your technique while you learn more strategy and positioning (Level 3.0 – 3.5)

Advanced: Come enjoy this fast paced class that demands a higher level of shot making and thinking (Level 4.0 and up)

Singles Strategy: Figure out what style of play works best for you and how to implement a winning game plan (Level 3.0-4.0)

### Cardio Tennis

Cardio tennis, possibly our most popular class, is an hour long workout session set to music. We run you through a variety of drills designed to keep your heart rate in your target zone while ensuring you have fun along the way.

### Doubles Round Robins

Monday Night Doubles: Level 3.0 – 3.5

Kitty's Play Day: Level 3.5 and up

Wednesday Night Doubles: Level 4.0 and up

Thursday Ladies Doubles: Level 4.0 and up

If it's a tune-up you're looking for, we have clinics for complete beginners, advanced players and everyone in between. Our clinics will let you experience a variety of shots, drills and playing situations designed to help you learn, progress, get in shape and have fun. If you're looking for a top notch workout and want the fun of hitting a tennis ball, we recommend the non-stop action of Cardio Tennis. In addition, we have round robins, ladders and tournaments for those looking to play. For a personalized experience you may also book a private lesson with one of our Pros. Custom clinics, Wilson demo racquets, new Wilson racquets and stringing services are also available. Please note our indoor courts will be closed from March 28th through April 2nd. No tennis will be played on those days. We apologize for any inconvenience.

Sign up at the Aria Front Desk or call Pro Pete Anderson to get in the game today!

Thank you!

Pete Anderson ([panderson2@destinationhotels.com](mailto:panderson2@destinationhotels.com))

Director of Aria Tennis

Vail Cascade

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