

Tennis Spring Schedule | Effective March 20



peninsula community center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Court Maintenance 8:00-9:00am	Court Maintenance 8:00-9:00am	Court Maintenance 8:00-9:00am	Court Maintenance 8:00-9:00am	Court Maintenance 8:00-9:00am	
	Ladies Play Day 3.0+ 9:00-11:00am	Co-ed Play Day 2.5+ 9:00-11:00am			
	Flight Tennis & SFPTL 9:00-11:00am		Advanced Cardio Tennis for Players 3.5+ 8:45-9:45am Free for Tennis Members only		Advanced Cardio Tennis for Players 3.5+ 8:30-9:30am Free for Tennis Members only
			Starter Cardio Tennis Class 9:45-10:45am Free for All Center Members		Starter Cardio Tennis Class 9:30-10:30am Free for All Center Members
		Men's Doubles 3.5+ 11:30am - 1:30pm			
		Little Stars (Youth) 3:30-4:15pm			
Bright Stars (Youth) 4:30-5:30pm		Bright Stars (Youth) 4:30-5:30pm	Bright Stars (Youth) 4:30-5:30pm		
Future Stars (Youth) 4:30-5:30pm		Future Stars (Youth) 4:30-5:30pm	Future Stars (Youth) 4:30-5:30pm		
Rising Stars (Youth) 5:30-7:30pm			Rising Stars (Youth) 5:30-7:30pm		
Elite Stars (Youth) 5:30-7:30pm		Advanced Cardio Tennis for Players 3.5+ 6:00 - 7:00pm Free for Tennis Members only	Elite Stars (Youth) 5:30-7:30pm	Friday Mixed Doubles 6:30-8:30pm	
Women's 4.0 USTA Practice 6:30-8:00pm	Women's 3.0 USTA Practice 6:30-8:00pm	Men's & Women's 3.5 USTA Practice 6:30-8:00pm	Men's 4.0 USTA Practice 6:30-8:00pm		

Starter Cardio Tennis - Thurs, 9:45-10:45am; Sat, 9:30-10:45am - Adult group exercise combines tennis with fun, calorie burning, and high intensity workout on the tennis court

Advanced Cardio Tennis - Thurs, 8:45-9:45am; Wed, 6:00-7:00pm; Sat, 8:30-9:30am - Adult group exercise for extra fit tennis players and level 3.5+

*All youth tennis classes require paid registration through our website: peninsulacommunitycenter.com

Little Stars (Ages 4-5) This group is just starting tennis. The goal is to get them familiar with the tennis court, tennis equipment, basic strokes, and build a love of the game. Classes will focus on the ABC'S and the 1-2-3's.

Bright Stars (Ages 5-8) This group has a little bit of tennis experience and is starting to learn proper stroke production. We are also continuing to build a limitless foundation with the ABC'S and the 1-2-3's. Classes will focus on building coordination and strength. In addition students will start to learn how to rally during the class.

Future Stars (Ages 7-11) This group all students have basic strokes and can rally from the baseline. Students will go through fitness and start to build consistency and discipline with their tennis game.

Rising Stars (Ages 7-11) This group can play tournaments at a novice to challenger level. Students have mastered the basic stroke mechanics of the serve, volley, and groundstroke. Classes will focus on preparing these students for advanced tournament play as well as high school tennis.

Elite Stars (Ages 9-18) This group can play tournaments at Challenger and Open levels. Classes will focus on building the 5 Tactical Priorities as well as oncourt competition skills.