

## Adult Tennis Drills

	Monday	Tuesday	Wednesday	Thursday	
8 am					
9 am					
10 am					
11 am					
12 pm					
1 pm					
2 pm					
3 pm					
4 pm					
5 pm					
6 pm	Learn & Play	High Beginner	Learn & Play	High Beginner	Са
7 pm	Intermediate	Advance	Intermediate	Elite	
8 pm					
9 pm					

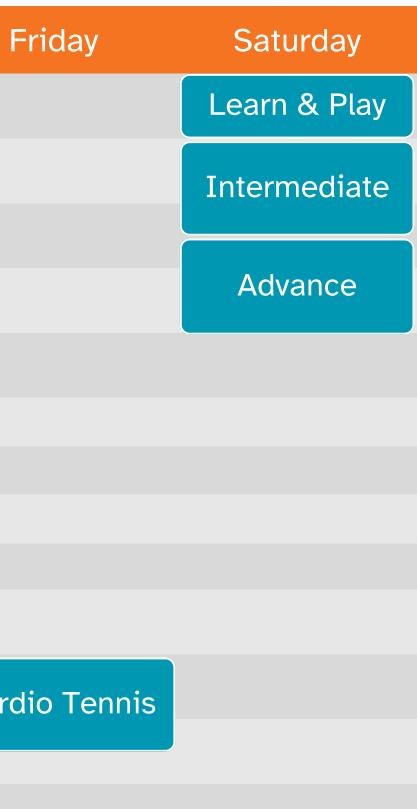


## Sign Up in the Impact Activites TX APP Now!

1 hour class: \$20 for members and \$22 for non-members
1.5 hour class: \$23 for members and \$25 for non-members
2 hour class: \$26 for members and \$28 for non-members

1 Sign up: 30 min | 2 Sign up: 45 min | 3+ Sign up: Full length

Questions? Contact our front desk at (972) 654-2844 or lbhouston@impactactivities.com



Learn and Play (2.0 and below USTA):
New players, little to no experience.
The goal is to develop the fundamentals of tennis.
High Beginner (2.5-3.0 USTA):
Advanced Beginners and intermediate players. Focusing on technique and consistency.
Intermediate (3.0-3.5 USTA):
Graduated from High Beginners. Point

play strategy and placement. **Advance** (3.5+ USTA): High-level session offered to experienced players. The goal is to improve their skills and meet fellow high-level tennis enthusiasts.

**Elite** (4.0+ USTA): Highest level class. Must be at least 4.0 rated to join. The focus is on match play strategy and tactics.

**Cardio Tennis**: Much more movement than a regular session. Running, games, and hitting drills.

## Meet the coaches!

IMPACTACTIVITIES.COM/LBHOUSTON