

Adult Tennis Lessons



Sunrise Recreation & Park District Tennis Program would like to introduce our new coach Felipe Monroy. Felipe has over 20 years of tennis playing and coaching experience, including the last 10 years with the world class IMG-Bollettieri Tennis Academy. Felipe will be offering Adult Tennis Lessons for beginning to advanced players all year-round at the Antelope Community Tennis Courts.

Please join us and experience the best tennis facility in the Sacramento area!!!

Ongoing Adult Tennis Lesson Schedule (Revised 12/22/11)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:30 AM	Coed All Levels	Women 3.5/4.5	Coed All Levels	Women 3.5/4.5	Coed All Levels	Women 3.5/4.5	Coed All Levels
10:00 - 12:30 PM	Women 2.5	Coed 2.5	Women 2.5	Coed 2.5	Women 2.5	Coed 2.5	Women 2.5
6:00 - 7:30 PM		Men 2.5/3.5		Men 3.5/4.5		Coed All Levels	
6:30 - 8:00 PM			Men All Levels		Women All Levels		

Payment Option	Code	Fee
Two 1.5 hour classes (Any level, day or time)	9583.101	\$36
Six 1.5 hour classes (Any level, day or time)	9583.102	\$90
Ten 1.5 hour classes (Any level, day or time)	9583.103	\$150
Private lessons will be available soon		

Tennis Lessons located at
Antelope Community Tennis Courts
7901 Falcon View Drive
Antelope, CA 95843

Register online or in person with
Sunrise Recreation & Park District

Adult 2.5 Player	This player is learning to judge where the ball is going although court coverage is weak. Can sustain a short rally of slow pace with other players of the same ability.
Adult 3.5 Player	This player has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. This player exhibits more aggressive net play, has improved court coverage, and is developing teamwork in doubles.
Adult 4.5 Player	This player has begun to master the use of power and spins and is beginning to handle pace, has sound footwork, can control depth of shots, and is beginning to vary game plan according to opponents. This player can hit first serves with power and accuracy and place the second serve. This player tends to over hit on difficult shots. Aggressive net play is common in doubles.

For information regarding Tennis Lessons contact:



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