



Improve your overall health

Top 5 calorie burning sports

Reduce stress, feel great!

Enjoy the great urban outdoors!

Private/Semi-private lessons available by appointment
Monday- Friday

ADULT CLASS SCHEDULE

April/May/June/July/Aug 2012

Following running dates to be posted

For Class Scheduling & general information
TennisEdu@aol.com

323-300-4155

❖ MONDAY

●9am -11:00 Adult Private/Semi Private Instruction

Running dates – by appointment

7pm - 9pm Adult Adv 4.0 - 5.0

Running dates

(4/30-5/21) 4 weeks Tuition \$140.00 –

No class 5/28

(6/4-7/2) 5 weeks Tuition \$175

(7/9-8/6) 5 weeks Tuition \$175

❖ TUESDAY

●9:00-10:30 Adult 3.0 - 3.5

Running dates

(4/24-5/22) 5 wks Tuition \$130.00

(5/29-6/12) – 3 wks Tuition \$78.00

(8/21-9/18) – 5 wks Tuition \$130

●7pm – 8:30 pm Adult Intermediate 3.5- 4.0

Running dates

(4/24-5/22) 5 wks Tuition \$130.00

(5/29-6/26) 5wks Tuition \$130

(7/10-8/8) 5wks Tuition \$130

❖ WEDNESDAY

9am-10:30 am Adult 4.0

Running dates

(4/25-5/23) -5wks Tuition \$130.00

(5/30-6/13) -3wks Tuition \$78.00

(8/22-9/19) – 5 wks Tuition \$130

7pm- 8pm Adult Beginning review

Running dates

(4/25-5/23) -5wks Tuition \$90.00

(5/30-6/27) -5wks Tuition \$90.00

(7/11-8/9) 5wks Tuition \$130

❖ THURSDAY

●9:00-10:30 Adult Inter 3.0-3.5

(4/26-5/24) -5wks Tuition \$130.00

(5/31-6/14) -3wks Tuition \$78.00

(8/23-9/20) -5wks Tuition \$130.00

●7pm - 9:00pm Adult Inter 3.5-4.0

Running dates

(5/3-5/31) -5wks Tuition \$175.00

(6/7-7/5) 5wks Tuition \$175.00

(7/12-8/9) 5wks Tuition \$175.00

❖ FRIDAY

● 8:00-9:00am - Beginner Review

Running dates

(4/27-5/25)-5wks Tuition \$90.00

(6/1-6/15) 5wks Tuition \$90.00

(8/24-9/20) – 5 wks Tuition \$130

●9:00-10:30 Adult 3.0 - 3.5

Running dates

(4/27-5/24)5 wks Tuition \$130.00

(6/1-6/15) 3 wks Tuition \$78.00

(8/24-9/21) 5 wks Tuition \$130.00

2012 Rates:

1 hour - 5 wk Clinic \$90.00

****drop in rate \$21.00**

1 ½ hour - 5 wk clinic \$130.00

****drop in rate \$30.00**

2 hour - 5 wk clinic \$175.00

**** drop in rate \$40.00**

❖ Private and Semi-private classes available upon request

Private instruction \$75.00 per hour

*****Series of 4 prepaid lessons \$275.00**

A savings of \$25.00 per package

Semi-private Instruction \$40.00 per person per hour

***** Series of 4 prepaid lessons \$140.00**

A savings of \$20.00 per package

Don't forget about our fabulous Junior program available online, it's a family affair here at LMU!

For Class Scheduling

TennisEdu@aol.com

323 300-4155

Looking for additional instruction that is not listed? Please contact us, we are happy to accommodate additional classes and private instruction.

Staff:

Jamie Sanchez - PTR/USPTA Director of Tennis - LMU

Peggy Reilly - BA, USPTA/ NASM Head Tennis Professional

Burn more calories Playing Tennis!

SPORT	CALORIES*
Tennis - singles	254
Rowing machine	223
Stationary bike	223
Hiking, no pack	191
Jazzercise	191
Golf (walking, carrying clubs)	143
Walking 3.5 mph	121
Walking 2.5 mph	95
Weightlifting	95
Yoga	80

— ConsumerReports.org
*Calories burned per 30 minutes based on a 140-lb. person

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www.LMU-tennis-Academy.com



Go Lions!