



SWTC Spring 2024 Adult Programs

Presented by STA

Beginner Adult Group Lessons

Our beginner lessons are for players with limited to no experience. Level 1 players can expect the class to focus on sustaining a rally, hitting with solid fundamentals, as well as impacting the ball on time and with good positioning. For players who previously took part in STA lessons during the outdoor season, this level is equivalent to STA level 1.

Start Date	End Date	Day of Week	Time	Cost *
February 22	April 25	Thursday	7 pm – 8:30 pm	\$325 / 10 weeks (15 hours)
February 22	April 25	Thursday	8:30 pm – 10 pm	\$325 / 10 weeks (15 hours)

* Cost is \$375 for non-members of SWTC

Intermediate Adult Group Lessons

For our intermediate lessons, players should be able to sustain a rally of 10 from the baseline. The level 2 class will feature more gameplay and live point situations. In level 2, players will have their decision making and their ability to execute specific shots challenged and improved upon. For players who previously took part in STA lessons during the outdoor season, this level is equivalent to STA level 2.

Start Date	End Date	Day of Week	Time	Cost *
February 22	April 25	Thursday	8:30 pm – 10 pm	\$325 / 10 weeks (15 hours)

* Cost is \$375 for non-members of SWTC

Advanced Adult Group Lessons

Our advanced lessons are for players who are at least a 3.0 NTRP level. The lessons are geared towards players playing organized competitive match play. The class will help players develop physical skills required to feel comfortable hitting from anywhere in the court as well as tactics that can be employed against more skillful opponents. We will also focus on helping players make good decisions under pressure in both offensive and defensive situations and develop the anticipation skills required to take control of points. The class will have an emphasis on doubles play to help prepare students for doubles league matches.

Start Date	End Date	Day of Week	Time	Cost *
February 18	April 28	Sunday	9 am – 11 am	\$400 / 10 weeks (20 hours)

* Cost is \$475 for non-members of SWTC

** Note: No class on March 31 (Easter Sunday)