

ITZ REVISED 2010 Tennis Schedule and Lesson Plan

Rainbow Park, 77th & South Shore Dr. (enter 79th Street). Tennis Courts left of Baseball Diamond.

FREE LESSONS & CARDIO TRIAL DATE: APRIL 15th - 6:30 pm & 7:30 pm

PROGRAMS*	BEGINS:	THURSDAY CLASS DATES	TIME
ROUND 1: Beginner & Intermediate Lessons	#1 - 4/22/10	#2-4/29/10; #3-5/27/10; #4-6/3/10; #5-6/10/10; #6-Final Day - 6/17/10	6:30 pm
CARDIO TENNIS	Same	Same Dates	7:30 pm
ROUND 2: Beginner & Intermediate Lessons	#1 - 6/24/10**	#2-7/8/10; #3-7/15/10; #4-7/22/10; #5-7/29/10; #6-Final Day - 8/5/10	6:30 pm
CARDIO TENNIS	Same	Same Dates	7:30 pm
ROUND 3: Beginner & Intermediate Lessons	#1 - 8/12/10	#2-8/19/10; #3-8/26/10; #4-9/2/10; #5-9/9/10; #6-Final Day - 9/16/10	6:30 pm
CARDIO TENNIS	Same	Same Dates	7:30 pm

* (JUNE-SEPTEMBER, IF RAINING GO TO: XS Tennis @ Bally's, 47th Lake Park) **No Classes 7/1/10

6 Week Lesson Plan / Rounds 1, 2 and 3

6 LESSONS	BEGINNERS CLASS	INTERMEDIATE CLASS
Week #1	Introduction of the Forehand	Advanced Forehand instruction with drills
Week #2	Introduction of the Backhand & the Volley	Advanced Backhand and Volley instruction with drills
Week #3	Introduction of the Serve and Return of Serve	Advanced Serve and Return of Serve instruction with drills
Week #4	Introduction of the Lob and Overhead	Advanced Lob and Overhead instruction with drills
Week #5	Introduction of Court Positioning for Singles Play & How to Keep Score	Strategy for Singles Play with Scoring
Week #6	Introduction of Court Positioning for Doubles Play & How to Keep Score	Strategy for Doubles Play with Scoring

Note: For best results, please practice on your own before returning for next lesson.

Cardio Tennis (6 weeks: vigorous tennis drills & games to music)



ITZ is where you want to be for tennis fun!

Cardio tennis includes a warm-up, cardio workout, and cool down phase. Participants consistently elevate their aerobic training zone. It is a fun group activity where players of all abilities enjoy tennis together! The primary focus, however, is on getting a great workout!

[Questions: Tennis Manager, Margaret Dorsey/312-860-2990]

Ask about "Speed Ralleyball" Tennis Matches on Select Saturday's @ 9AM & 10AM (1 hr. each)