

## — Play-2-Learn (1) —

Our “Play-2-Learn” program is a great opportunity for Adults to be introduced to the Courtplay Athletics Adult Pathway. For beginners, we are able to lay a complete technical & tactical foundation right from the onset of their tennis journey.

Additionally, some intermediate “Play-2-Learn” players will have had playing experience in both training and competitive environments. However, prior to entering one of the next levels, “Play-2-Learn (2)” or “Learn-2-Play (1)”, they may need work in one or more of the areas we deem fundamental to success in the program. Those areas can include but may not be limited to:

- 1. Footwork (split step, recovery, etc.)**
- 2. Balance (static & dynamic)**
- 3. Mastery of the continental grip**
- 4. Tactical understanding and execution**

Regardless of whether a player is deemed beginner or intermediate, once they can consistently demonstrate proficiency in both competitive and training environments they have graduated to “Play-2-Learn (2)”.

### **Class Options:**

**Monday                    12:00 PM      1:30 PM**

### **Pricing:**

Member \$168.75

Non - Member \$187.50