



HITT

HIGH INTENSITY TENNIS TRAINING
@Sunrise Tennis Club



SUPER SATURDAY

TEACHING EMPHASIS:

Basic Physical Skills (agility, static and dynamic balance, coordination, reaction, tracking skills), Basic Grips and Swing paths, Serve, Return, Baseline skills, Scoring and Sportsmanship.



Program curriculum based off of USTA Player Development specifications.

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Schedule:
10am-11:30am

Price:
\$20 per class / 4 classes for \$60

Ages: 4-8