

JPTC Adult Program Fall/Winter/Spring 2022-23 Classes

Member Registration: 2 wks prior to the start date

Non-Member Registration: 1 wk prior to the start date

ADULT 3.5-4.0 DRILL GROUP (Prices Session I & V: Member \$90, Non-Member \$150)

Monday & Thursday 6-7 p.m. (Prices Session II, III, IV: Member \$180, Non-Member \$300)

Session I (MONDAY ONLY) Sept. 12, 19, 26, Oct. 10, 17, 24

Member Reg: Aug. 29, Non-Member Reg: Sept. 5

Session II Oct. 31, Nov. 3, 7, 10, 14, 17, 28, Dec. 1, 5, 8, 12, 15

Member Reg: Oct. 17, Non-Member Reg: Oct. 24

Session III Jan. 2, 5, 9, 12, 16, 19, 30, Feb. 2, 6, 9, 13, 16

Member Reg: Dec. 19, Non-Member Reg: Dec. 26

Session IV Feb. 27, March 2, 6, 9, 13, 16, 20, 23, 27, 30, April 3, 6

Member Reg: Feb. 13, Non-Member Reg: Feb. 20

Session V (MINI SESSION) April 17, 20, 24, 28, May 1, 4

Member Reg: April 3, Non-Member Reg: April 10

SWEET SWINGERS (Prices: Member \$90, Non-Member \$170)

(Thursdays 11:30 a.m. - 12:45 p.m.) - (Fridays 10:15 a.m. – 11:30 a.m.)

Session I (FRIDAY ONLY) Sept. 9, 16, 23, Oct. 7, 14, 21

Member Reg: Aug. 26, Non-Member Reg: Sept. 2

Session II Nov. 3/4, 10/11, 17/18, Dec. 1/2, 8/9, 15/16

Member Reg: Oct. 20/21, Non-Member Reg: Oct. 27/28

Session III Jan. 5/6, 12/13, 19/20, Feb. 2/3, 9/10, 16/17

Member Reg: Dec. 22/23, Non-Member Reg: Dec. 29/30

Session IV March 2/3, 9/10, 16/17, 23/24, April 12/14, 20/21

Member Reg: Feb. 16/17, Non-Member Reg: Feb. 23/24

STROKE OF THE WEEK (Prices: Member \$15 per week, Non-Member \$25 per week)

(Wednesdays 6:30 p.m. – 7:45 p.m.) Minimum 3 players & Maximum 6 players

Week 1 Jan 25th (Volley & Drop Volley)

Registration: Jan 18th

Week 2 Feb 1st (Slice Approach [Forehand & Backhand] – Dynamic Balance)

Registration: Jan 25th

Week 3 Feb 8th (Topspin Forehand)

Registration: Feb 1st

Week 4 Feb 15th (Return of Serve - Topspin & Block)

Registration: Feb 8th

Week 5 Feb 22nd (Serve Fundamentals)

Registration: Feb 15th

Week 6 March 1st (Topspin Backhand)

Registration: Feb 22nd

Week 7 March 8th (Hitting Zone Strategies 1-4)

Registration: March 1st

- Week 8** **March 15th (Don't Fight Follow Through, Split Steps & Racquet Control)**
Registration: March 8th
- Week 9** **March 22nd (Overhead Smash)**
Registration: March 15th
- Week 10** **March 29th (Offensive & Defensive Lobs)**
Registration: March 22nd
- Week 11** **April 5th (Half Volley & Drop Shots)**
Registration: March 29th
- Week 12** **April 12th (Footwork & Balance Practice)**
Registration: April 5th
- Week 13** **April 19th (Inside Out Forehands)**
Registration: April 12th
- Week 14** **April 26th (Angled Ground Strokes)**
Registration: April 19th
- Week 15** **May 3rd (Volley Combination & Receiving Overheads)**
Registration: April 26th
- Week 16** **May 10th (Doubles Strategies)**
Registration: May 3rd
- Week 17** **May 17th (Singles Strategies)**
Registration: May 10th
- Week 18** **May 24th (Practice Routines with Limited Time)**
Registration: May 17th