

TENNISPOWER FALL 2020 PROGRAM SCHEDULE

AUGUST 24 - OCT 2 (6 WEEK PROGRAM) - PRC (310) 541 2513

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8.30							
9.00	SENIOR 9-10.30						
9.30							
10.00		TEAM 3 10-11.30		TEAM 3 10-11.30			
10.30							
11.00							
1.00							
1.30							
2.00							
2.30			BUMP DAY 2-4.30 PM				JUNIOR MATCHPLAY
3.00	FUTURESTARS 3-4.30 PM	FUTURESTARS 3-4.30 PM		FUTURESTARS 3-4.30 PM	FUTURESTARS 3-4.30 PM		
3.30						PE FUN 3.30-4.30 PM	
4.00							
4.30		ORANGE BALL 4.30-5.30 PM				GREEN DOT 4.30-5.30 PM	2.30-5 PM
5.00							
5.30	HIGH PERF. ISPE 5.30-7.30 PM	HIGH SCHOOL 5.30-6.30 PM	HIGH PERF. ISPE 5.30-7.30 PM	HIGH PERF. ISPE 5.30-7.30 PM	HIGH SCHOOL 5.30-6.30 PM	HIGH PERF. ISPE 5.30-7.30 PM	
6.00							
6.30							
7.00							

PHYSICAL EXERCISE (PE FUN) - 60 MIN
DEVELOPING MOVEMENT, BALANCE & HAND / EYE COORDINATION THROUGH FUN GAMES

PEEWEE/ ORANGE BALL (AGE 4-8) - 60 MIN
YOUNG BEGINNERS HAVING FUN LEARNING HAND/EYE COORDINATION AND BASICS OF TENNIS

GREEN (AGES 5-8) - 60 MIN
YOUNG GUN NOVICE BEGINNER TO MORE DEVELOPED BEGINNER USING LEVEL APPROPRIATE BALLS

FUTURESTARS (AGES 8-12) - 90 MIN
YOUNG NOVICE AND SATELLITE PLAYERS LEARNING THE FUNDAMENTAL AND THE BASICS OF TENNIS

BUMP WEDNESDAY (AGES 9-18) - 150 MIN
POINT MATCH PLAY FOR ALL LEVELS/ AGES COMPETING. PLAYERS HAVE TO KNOW HOW TO SERVE AND KEEP SCORE

HIGH PERFORMANCE/ RISING STAR - 60 MIN
YOUNG SECTIONAL PLAYERS AND HIGH SCHOOL PLAYERS

HIGH PERFORMANCE/ ISPE - 120 MIN
YOUNG SECTIONAL PLAYERS AND HIGH SCHOOL PLAYERS/ MIDDLE AND HIGH SCHOOL KIDS DOING ISPE AT PRC

SUNDAY JUNIOR & MATCHPLAY - 150 MIN
TECHNICAL AND TACTICAL DRILLING AND MATCH PLAY FOR TOURNAMENT PLAYERS

CLOSED LADIES TEAM WORKOUTS - 90 MIN (GROUP OF 4)
TEAM WORKOUTS SCHEDULED BY CAPTAINS OF EACH TEAM

PROGRAM DATES

SESSION #1	AUG 24 - OCT 2	(6 WEEKS)
SESSION #2	OCT 5 - NOV 13	(6 WEEKS)
SESSION #3	NOV 16 - DEC 21	(4 WEEKS)
SESSION #4	JAN 4 - FEB 12	(6 WEEKS)
SESSION #5	FEB 15 - MAR 26	(6 WEEKS)
SESSION #6	APR 5 - MAY 14	(6 WEEKS)
SESSION #7	MAY 17 - JUNE 10	(4 WEEKS)

THANKSGIVING CAMP	NOV 23 - 27	(1 WEEK)
WINTER CAMP #1	DEC 21 - 23	(3 DAYS)
WINTER CAMP #	DEC 28 - 30	(3 DAYS)
SPRING BREAK CAMP	MAR 29-APR 2	(1 WEEK)
SUMMER CAMPS BEGIN	JUNE 14, 2021	

PENINSULA RACQUET CLUB

(310)541 2523

www.peninsularacquetclub.com

30850 Hawthorne Blvd

Rancho Palos Verdes, CA 90275