



SCLH Tennis Training Services

One-on-One Training

This event is only available to SCLH Residents and their guests. One player and one USPTA Tennis Professional (60 minutes). Instructor: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

Buddy Training

This event is only available to SCLH Residents and their guests. Two players and one USPTA Tennis Professional (60 minutes). Instructor: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

Tennis Small Group Training (SGT)

This event is only available to SCLH Residents and their guests. Small group training classes are designed with specific goals in mind. Players have the opportunity to work directly with a USPTA Tennis Professional in a small group setting (3-8 students per class, 90 minutes.) Instructor: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

Private Tennis Small Group Training (SGT)

This event is only available to SCLH Residents and their guests. Get your group together and contact Eric, to coordinate the day/time. Instructor: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

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SCLH Regular Tennis Programming

15-Minute Tennis Evaluation (all levels)

This event is **FREE** and only available to SCLH Residents and their guests. It is offered on the 2nd and 4th Wednesday of every month. These sessions start at 9:30 AM (PDT) and 11:00 AM (PST). Evaluations are on Court 1 and will run in 15-minute increments. Players will contact the Tennis Pro directly to schedule their time slot.

This one-on-one session will allow the player to express areas within their game they would like to improve upon, the Tennis Pro to observe and evaluate the player's level of play, and discuss ways the player can improve their game. Instructor: Eric Garcia, USPTA Tennis Professional. To schedule email Eric at: Eric.Garcia@sclhca.com.

Coffee, Tea, and Tennis (all levels)

This event is **FREE** and only available to SCLH Residents and their guests. It is offered on the 3rd Thursday of every month from 8:00-9:00 AM (PDT and PST). Players will meet at the Pavilion/Court TBD based on availability.

This is a 60-minute relaxed social event for players of all levels designed to introduce players to one another and to further bring tennis awareness and participation within the LHTG and SCLH community at large. This event is geared towards having fun in a non-pressure group atmosphere. Players will bring their own morning beverage and rotate in and out of a group play setting taking frequent breaks to mingle with other players. Come to one, or come to them all! Facilitator: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

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Cardio Tennis (all levels)

This event is a paid for event and only available to SCLH Residents and their guests. This is a noncompetitive and cooperative tennis social event emphasizing first and foremost FUN! This event aims to raise awareness that TENNIS is inclusive, easy, and social, with proven health and wellness benefits. Adult Red Ball will show athletes they can be tennis players in as little as 30 minutes, and Cardio Tennis Triples will provide an example of how the Cardio Tennis program can give athletes another way to burn calories by combining tennis and a fitness experience. Facilitator: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

Live Ball (all levels)

This event is **FREE** and only available to SCLH Residents and their guests. It is offered the 1st Sunday of every month from 9:00-10:30 AM (PDT) and 10:00-11:30 AM (PST) on Courts 1 & 2.

Live Ball is the tennis workout that tries to check all the boxes: Action, Camaraderie, Fitness, and most of all...Fun! It is an approach to tennis where instruction takes a back seat to fitness. Live Ball is a doubles-style game in which rotating pairs compete to gain and maintain control of a "champion" side; kind of a king of the hill thing. The challenging team must win four points before the champion team wins two in order to move to the champion side. Live Ball is situational point play without the serve. It also is an opportunity to combine all levels of players. Facilitator: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

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Tennis 101 (New Player/NTRP Rating 1.0-1.5.)

This event is only available to SCLH Residents and their guests. It is offered every Tuesday from 6:00 PM to 7:00 PM (PDT and PST), Court TBD. Minimum 3, Maximum 8 players per session.

This clinic is designed for new players with little to no experience, and will provide the basic skills and knowledge to move to the next level with confidence. Learn tennis terminology and layout of the court, correct racquet grip, and begin stroke development to keep the ball in play. This player may continue taking sessions at this level for as long as they would like and may be eligible for 'Tennis 201' after completing at least four 'Tennis 101' sessions and having developed the confidence and skills to take it to the next level. Instructor: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

Tennis 201 (Beginner Player, NTRP Rating 2.0-2.5.)

This event is only available to SCLH Residents and their guests. It is offered the last Thursday of every month from 8:00-9:00 AM (PDT and PST), Court TBD. Minimum 3, Maximum 8 players per session.

This clinic is designed for beginner players, and will build on their basic skills and knowledge to move forward with confidence in our other programs. This player will learn how to serve, the appropriate contact point, stroke development, become more familiar with the basic court positions for singles and doubles. This player will begin to play social matches, leagues and low-level tournaments. Instructor: Eric Garcia, USPTA Tennis Professional. For more information email Eric at: Eric.Garcia@sclhca.com.

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Tennis 301 (Intermediate-Advanced Player/NTRP Rating 3.0-4.5.)

This event is only available to SCLH Residents and their guests. It is offered the first Thursday of every month from 8:00-9:00 AM (PDT and PST), Court TBD. Minimum 3, Maximum 8 players per session.

This clinic is designed for intermediate to advanced players and focuses on solidifying the fundamentals of the game that develop stroke techniques, rallying and match play. This player will learn serve pace and placement, stroke dependability with directional control on moderate paced shots, effective use of lobs, overheads, approach shots and volleys. This player is comfortable playing social matches, leagues and appropriate NTRP rated tournaments. Instructor: Eric Garcia, USPTA Tennis Professional.

For more information email Eric at: Eric.Garcia@sclhca.com.