
2020 Palisades Fall Adult Tennis Program
Begins September 8th
Director of Tennis: Doug Sokol

Live Ball Tennis

This class consists of competitive doubles point play in a fun, fast paced environment. This class will improve your fitness, footwork, reaction time and net game. Live Ball is the ultimate cardio class for competitive doubles players and those wishing to improve both offensive and defensive skills. There will be a doodle sign up for each week and each class. Classes are separated by level and since this is a new class please contact me so I can start a doodle of interested players. If there are not at least 4 players signed up then the class will not be held

Day and Time: Starts on September 8th. Contact me to be put on the Doodle invite list.
Tuesday 1:00-2:30 (2.5 – 3.25 NTRP)
Wednesday 5:30-7:00 (3.5 & Up NTRP)
Friday 12:00-1:30 (All Levels)

Cost: \$35 per class

Ladies Beginner/Adv. Beginner Clinic or Intermediate

If you have never played this great game before it is never too late to learn. Emphasis will be placed on stroke techniques and beginning to play singles and doubles. This is also an excellent class for those players who have played before, but have not played in a few years and want to get playing again. The student to instructor ratio will be 5:1. The 11am class will be an intermediate doubles drill class. Must be at least 3.5 NTRP

Day and Time: Beg/Adv. Beg Wednesday 9:30am– 11:00am Starts on Sept 9th
Intermediate Wednesday 11:00am- 12:30pm Starts on Sept 9th
Cost: \$350 for 10 weeks (members) \$375 for 10 weeks (non-members)

Ladies GWTA Team Practice

GWTA stands for Greater Washington Tennis Association. We have two teams that compete against other area clubs for Palisades. The B4 team is for more experienced women at the 3.5 to 4.0 level. The B4 team plays its matches on Tuesday mornings. The C2 team is a team for 3.0 to 3.5 level players and they play their matches on Monday mornings. The practice will consist of mainly live ball drilling and emphasis on improving doubles play to prepare ourselves for competition. **DUE TO COVID ALL LEAGUE PLAY IS CANCELED FOR THE FALL SEASON. WE WILL STILL PRACTICE AND PLAY MATCHES AMONGST OURSELVES ON THE REGULAR MATCH DAY.**

Day and Time: B4 practice – Fridays 10-12 First practice on September 11th
C2 practice – Thursdays 10-12 First practice on September 10th
Cost: \$40 per practice (members) \$45 per practice (non-members)

Ladies 3.5/4.0 Evening League Team practice

This Practice is for those women who wish to compete on the Palisades Evening Team that plays its Matches on Thursday evenings from May through July. The practice will consist of mainly live ball drilling and emphasis on improving doubles play to prepare ourselves for competition.

Day and Time: Sunday 10-12 Start on September 13th. Contact me to be put on the Doodle invite list if you wish to attend.
Cost: \$40 per Practice \$45 per practice (non-members)

Men's and Women's Cardio Tennis

It's heart pumping tennis action. Burn calories. Hit a lot of tennis balls. It's fast action and guaranteed to better your game and fitness. Lose up to 600 calories as we take you through challenging feeding drills.

Day and Time: Saturday Morning 7:30 – 9:00AM First class is on September 12th

Saturday Morning 9:00---10:00AM First class is on September 12th

Cost: \$240 for 12 hours. You may also pay by the class for a fee of \$25 per class for the 9am or \$30 for the 7:30am. The maximum number of participants is 6. If you wish to participate you must contact me to be placed on the weekly email invite list

Adult Evening Clinics

Day and Time:

Tuesday Cardio 6:00---7:00pm Tuesdays beginning September 8th

Wednesday Intermediate 7:00 – 8:00pm Wednesdays beginning September 9th

Cost: \$20 per Session if 4 people or more
\$25 per Session if 3 people

Please email me to let me know if you are interested in participating in these evening clinics. I will then put you on an email list and you will receive an invitation to sign up each week. If we do not have at least 3 participants signed up the class will not be held for that particular week. The signup will remain open until 24 hours before the scheduled start time for that particular clinic.

Questions? Call Doug at (240) 498-6140 or email: Palisadestennis@hotmail.com

Private clinics

Choose your own day and time and then you, along with a minimum of 2 of your friends, can have a "private" Clinic. To arrange a private clinic please contact Doug at (240) 498-6140.

2020 Adult Tennis Registration Form

Name: _____ Phone: _____

Address: _____

Email: _____

1. Class: _____ Day and Time: _____

2. Class: _____ Day and Time: _____

3. Class: _____ Day and Time: _____

4. Class: _____ Day and Time: _____

Please return form along with payment made payable to:

Doug Sokol
5822 Shepherd Drive
Frederick, MD 21704

You may also make payment through Venmo. My Venmo is @Douglas-Sokol