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**2023 Palisades Adult Tennis Program**  
**Director of Tennis: Doug Sokol**

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**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. If there are not at least 4 players signed up then the class will not be held.

Day and Time: 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 (3.0 & Up NTRP)  
Friday 12:00-1:30 (All Levels)

Cost: \$30 per class/These classes are held year-round weather-permitting

**Ladies Beginner/Adv. Beginner Clinic**

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.

Day and Time: Wednesday 11:00am– 12:30pm Starts on April 12th.

Cost: \$400 for 10 weeks (members) \$450 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.

Day and Time: B4 practice – Fridays 10-12 First practice on April 7th  
C2 practice – Thursdays 10-12 First practice on April 6th

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 Every Sunday year-round 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  
                             Saturday Morning    9:00---10:00AM

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                6:30---7:30pm  
                             Wednesday Intermediate    7:00 – 8:00pm

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](mailto: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.

## 2023 Adult Tennis Registration Form

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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