

MEET BRIAN YOUNG USPTA CERTIFIED ELITE PROFESSIONAL

Brian Young has been playing tennis all his life and coaching for over 35 years.

This life-long love continues at Continental. He believes everyone deserves instruction that is fun and tailored to one's personality.

Tennis has been called the "Sport for a Lifetime" because it can be played by everyone! Tennis incorporates agility skills, aerobic activity and challenging matches. If you have specific requests for private or semi-private lessons, want to schedule a video analysis session, need a racket restrung for the season or simply want some suggestions as to racket selection/weight/string dynamics, please don't hesitate to call Brian directly!



CONTINENTAL FLAGSTAFF

2380 N OAKMONT DRIVE
FLAGSTAFF, AZ 86004

CONTACT BRIAN YOUNG

PREREGISTER FOR ANY LISTED
TENNIS CLINICS THRU COACH BRIAN:
PH- 928-853-9939
BYOUNG928@GMAIL.COM



TENNIS: LIFETIME SPORT

CONTINENTAL TENNIS

JUNE 5TH 2017-
SEPTEMBER 5TH 2017



MEN'S & WOMEN'S DROP-IN DOUBLES-STARTING JUNE 10TH

HOSTED BY COACH BRIAN

Free for Members & Wyndham Guests!

Saturdays 9:00AM-10:30AM

\$10/ session for Non-Member

FREE session for Members & Wyndham

COURTS 3-6 (ENDS AUGUST 19TH)

DROP-IN DOUBLES-

STARTING JUNE 5TH

No need to register, just show up!

Every Monday, Wednesday & Friday

9:00AM-11:00AM

\$10/ session for Non-Member

FREE session for Members & Wyndham

COURTS 3-6



BEYOND DOUBLES-

STARTING JUNE 5TH

All things doubles! Max 8, minimum 4 players. Pre-registration strongly encouraged! By all means come as a team but don't feel you need a partner to join!

Monday-Thursday 8:00AM-9:00AM

\$15/ session for Non-Member

\$12/ session for Members & Wyndham

COURTS 1 & 2

CARDIO TENNIS-

STARTING JUNE 5TH

Cardio Tennis is heart pumping fitness for men & women. This class is the ultimate full body, calorie burning workout.

Monday-Thursday 11:30AM-12:30PM

\$15/ session for Non-Member

\$12/ session for Members & Wyndham

COURTS 1 & 2

BEGINNING ADULT TENNIS-

STARTING JUNE 2ND

All the basics with an emphasis on fun!

Fridays 9:00AM-10:00AM

\$15/ session for Non-Member

\$12/ session for Members & Wyndham

COURTS 1 & 2



VIDEO ANALYSIS

Be honest and fearless- have you ever actually SEEN yourself play? It is hands down the fastest route to improvement. Register for this class and LITERALLY see yourself improve! Minimum 2 attendees, maximum four attendees. Accompanying analysis and video will be emailed to your email address. Review and learn until new skills are mastered and not-so-helpful quirks extinguished!

Don't waste your time on simple mistakes that can be fixed, open your eyes! Call Coach Brian today and book your video analysis session!

\$25 per attendee

AVAILABLE APRIL 15TH

SPECIALTY INSTRUCTION

Private Instruction, Semi-Private and Specialty Group Lessons are always available for adults and juniors all season at Continental!

Private Instruction:

\$55 (Non-Member)

\$50 (Member)

Semi-Private Instruction:

max 2 attendees

\$30 per person

Specialty Group Lessons:

Focusing on specific trouble spots

2-6 attendees

\$15 per person

AVAILABLE APRIL 15TH