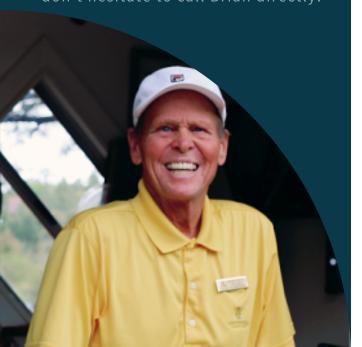
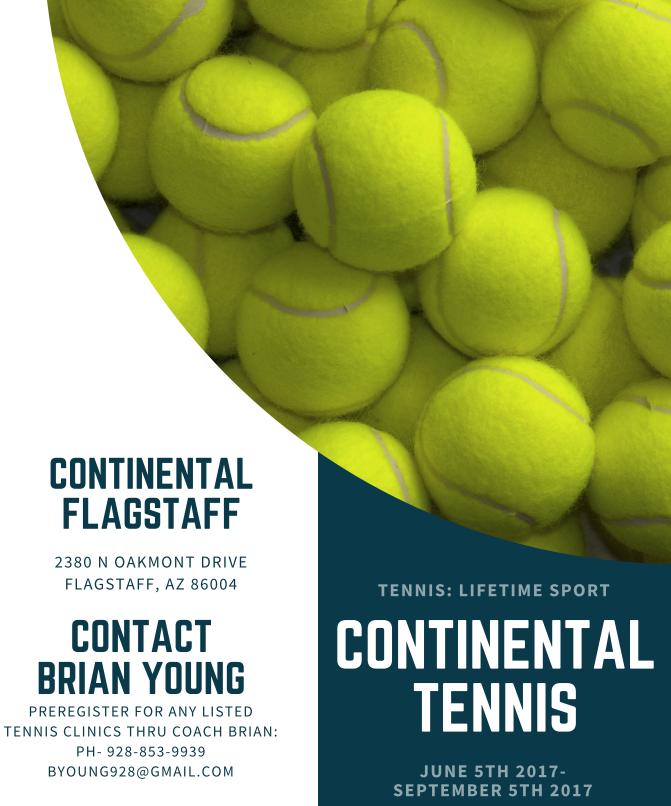
### MEET BRIAN YOUNG USPTA CERTIFIED ELITE PROFESSIONAL

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!







# 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



#### **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



## **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**