



**LAMADRONA**  
ATHLETIC CLUB

# Rookie Week Class Schedule

	Sunday Oct 9th	Monday Oct 10th	Tuesday Oct 11th	Wednesday Oct 12th	Thursday Oct 13th	Friday Oct 14th	Saturday Oct 15th
9am		Groundstrokes basics with Fred		Intro to Free Weights with Steven	Doubles Strategies with Fred		Intro to Resistance Bands with Nicki
10am			10:30am Intro to Backstroke and kicking with Jen	10:30am Intro to Pilates With Jessica	10:30am Intro to Breaststroke with Jen	Intro to Physio Ball with Jessica	
11am	Serve Fundamentals with Fred	Intro to Free Weights with Steven					Serve Fundamentals with Fred
12pm		12:30pm Intro to Breathing and Buoyancy with Jen	Intro to Physio Ball with Nicki	Footwork with Fred	Intro to Resistance Bands with Nicki		
5pm				5:30pm Intro to Butterfly with Tara		5:30pm Intro to Freestyle with Tara	
6pm		Serve Fundamentals with Dave	Volley Technique with Kent		Singles Strategies with Dave	Groundstroke Fundamentals with Kent	
7pm			Intro to Yoga with Paula				

**Kidz Club Hours:** (Ages 6 mo- 6 years) M-F 8:30-11:45am & M, W, F 3:30-5:30pm, Sat. 9:30-12:30pm  
(Ages 7 years- 13 years) M-F 3:30-6pm