

Fall 2017

JR DEV & INVITATIONALS

JR DEVELOPMENT TEAM 10-17Y

BRONZE

Ages 10-17 | Max Ratio 8:1

Session 1: \$246 R/ \$270 NR (8 wks) | Session 2: \$215 R/ \$236 NR (7 wks)

DAY	TIME (2HR)	SESSION 1	CODE	SESSION 2	CODE
M	4:00 - 6:00pm	9/4-10/23	1045	10/30-12/11	2045
W	4:00 - 6:00pm	9/6-10/25	1046	11/1-12/13	2046
F	5:00 - 7:00pm	9/8-10/27	1047	11/3-12/15	2047
Sa	2:00 - 4:00pm	9/9-10/28	1048	11/4-12/16	2048

SILVER

Ages 10-17 | Max Ratio 8:1

Session 1: \$246 R/ \$270 NR (8 wks) | Session 2: \$215 R/ \$236 NR (7 wks)

DAY	TIME (2HR)	SESSION 1	CODE	SESSION 2	CODE
W	6:00 - 8:00pm	9/6-10/25	1049	11/1-12/13	2049
F	7:00 - 9:00pm	9/8-10/27	1050	11/3-12/15	2050
Sa	4:00 - 6:00pm	9/9-10/28	1051	11/4-12/16	2051

GOLD

Ages 10-17 | Max Ratio 6:1 | *No class 11/23

Session 1: \$317 R/ \$349 NR (8 wks) | Session 2: \$278 R/ \$306 NR (7 wks)

DAY	TIME (2HR)	SESSION 1	CODE	SESSION 2	CODE
Tu	6:30 - 8:30pm	9/5-10/24	1052	10/31-12/12	2052
Th	6:30 - 8:30pm	9/7-10/26	1053	11/2-12/14*	2053
Sa	4:00 - 6:00pm	9/9-10/28	1054	11/4-12/16	2054

MATCH PLAY

Ages 10-17 | Must be currently enrolled in Tournament Training/Gold.

Session 1: \$77 R/ \$85 NR (8 wks) | Session 2: \$67 R/ \$75 NR (7 wks)

DAY	TIME (2HR)	SESSION 1	CODE	SESSION 2	CODE
Su	4:00 - 5:30pm	9/10-10/29	1055	11/5-12/17	2055

INVITATIONAL TRAINING 7 - 10Y

INTRO TO TOURNAMENT TRAINING

Ages 7-10 | Max Ratio 6:1

Session 1: \$236 R/ \$260 NR (8 wks) | Session 2: \$207 R/ \$228 NR (7 wks)

DAY	TIME (1.5HR)	SESSION 1	CODE	SESSION 2	CODE
M	4:00 - 5:30pm	9/4-10/23	1100	10/30-12/11	2100
F	3:30 - 5:00pm	9/8-10/27	1101	11/3-12/15	2101
Sa	8:30 - 10:00am	9/9-10/28	1102	11/4-12/16	2102
Su	12:30 - 2:00pm	9/10-10/29	1103	11/5-12/17	2103

For graduates of the Little Rallyers program, by invitation only.

Students must demonstrate the ability to hold a red level short court rally and demonstrate complete swings. Emphasis on fundamentals, movements, and sportsmanship.

TOURNAMENT TRAINING

Ages 7-10 | Max Ratio 6:1 | *No class 11/23

Session 1: \$236 R/ \$260 NR (8 wks) | Session 2: \$207 R/ \$228 NR (7 wks)

DAY	TIME (1.5HR)	SESSION 1	CODE	SESSION 2	CODE
M	5:30 - 7:00pm	9/4-10/23	1104	10/30-12/11	2104
Tu	4:00 - 5:30pm	9/5-10/24	1106	10/31-12/12	2106
Th	5:00 - 6:30pm	9/7-10/26	1108	11/2-12/14*	2108
Sa	12:30 - 2:00pm	9/9-10/28	1110	11/4-12/16	2110

For graduates of Intro to Tournament Training, by invitation only.

High performance coaching that emphasizes strong movement, modern technique, spin, and stances to develop a full court player. Emphasis on improving movement, consistency and technique.

TOURNAMENT TRAINING SELECT

Ages 7-10 | Max Ratio 6:1 | *No class 11/23

Session 1: \$236 R/ \$260 NR (8 wks) | Session 2: \$207 R/ \$228 NR (7 wks)

DAY	TIME (1.5HR)	SESSION 1	CODE	SESSION 2	CODE
M	5:30 - 7:00pm	9/4-10/23	1105	10/30-12/11	2105
Tu	4:00 - 5:30pm	9/5-10/24	1107	10/31-12/12	2107
Th	5:00 - 6:30pm	9/7-10/26	1109	11/2-12/14*	2109
Sa	12:30 - 2:00pm	9/9-10/28	1111	11/4-12/16	2111

For graduates of the Tournament Training Program, by invitation only.

High performance coaching that emphasizes strong movement, modern technique, spin, and stances to develop a full court player. Emphasis on readying players for tournament competitions.

Lifetime Activities

755 South Mathilda Ave.
Sunnyvale, CA 94087

Register Online at
www.lifetimeactivities.com

408.735.7285
M-F 8am-10pm | Sa/Su 8a-8pm