



# Adult Tennis Programs & Tournaments

**All instructors are USPTA/PTR certified. Group lessons meet once a week (1.5 hrs) for 4 weeks all year. Info: 564-5573**

## Group Lessons

Quality grassroots programs at reasonable rates for all ages and levels, plus tournament and league play open to everyone. Our USPTA/PTR certified instructors make learning fun for everyone.

**Where:** Las Positas and Municipal

**When:** Mornings, afternoons, evenings

## Wheelchair Tennis

Small group lessons held year round with Nancy Wheeler.

**Where:** Municipal

**When:** Mondays, 2pm

## Cardio Tennis

A great workout for the intermediate player to improve footwork and stamina. Some stroke instruction. Taught by certified cardio instructor at Las Positas courts.



## Create Your Own Class! Private and Custom Lessons

Arrange a private lesson for yourself, a semi-private with a friend, or organize a group lesson that fits your schedule! You may call the instructor directly to schedule.

### Las Positas Courts:

Frank Mannix, 564-5573

Kathy Betholtz, 681-1553

Nino Rakichevich, 570-8182

Brian Antecki 452-9789

### Municipal Courts:

Brad Dilbeck, 845-6511

Nancy Wheeler, 722-0482

## 2009-10 Tournaments

50th Annual City Championships:

Oct. 17-18

Leslie Allen: Feb. 27-28, 2010

John Heinzman: May 8-9

S.B. Open: July 3-4, 10-11

Entries are available at all public tennis facilities or register online at [tennislink.usta.com/tournaments/schedule](http://tennislink.usta.com/tournaments/schedule). Info: 680-3870 or 564-5573.

## USTA Leagues: All Year

For USTA League information, contact the local coordinator at 680-3870 or [cas@iae.com](mailto:cas@iae.com)



For a current schedule of tennis classes, visit the Parks & Recreation website [www.sbparcsandrecreation.com](http://www.sbparcsandrecreation.com) or call 564-5573.

