



# Flex Clinic Schedule

1.5 Hour Point Play: \$53

2 Hour Boot Camp: \$72

All players must sign up in advance and must have a valid form of payment on file

## Point Play

Games and strategy are the focus of this Flex Clinic. Singles, doubles, and group games will get players in different realistic point play situations.

Day	Time	Level	Pro
Monday	12:00 - 1:30PM	3.0 - 3.5	Richard
Wednesday	11:00 - 12:30PM	2.5 - 3.0	Richard
Friday	12:00 - 1:30PM	3.0 - 3.5	Rene
	6:30 - 8:00PM	3.5 - 4.0	Rene
Saturday	11:30 - 1:00PM	3.0 - 3.5	Martin
Sunday	9:30A - 11:00PM	2.5 - 3.0	Roberto

## Boot Camp

And you thought working out wasn't fun!

Join the Boot Camp and get a workout on court while smiling!

Starts	Day	Time	Level	Pro
	Tuesday	11:00A - 1:00PM	3.0 - 3.5	Martin
11/2	Thursday	11:00A -12:30PM	3.0 - 3.5	Mark

# Flex Clinic FAQ

## Changes for the 2017-18 Season

This season we have updated our schedule to make the Flex program even better for you. We have offered 1.5 hour classes and 2 hour classes to meet the needs of our players.

### What is a Flex Clinic?

Flex Clinics at YTC are the new Drop In Clinics. It is a group tennis class where players from 2.5 level to advanced 4.0 level can register for their level of class on a week to week basis. It is a great option for players looking to get a workout, play some points, and have fun.

### What are the different types of Flex Clinics?

The Flex Clinic program has 3 types of classes for players to enjoy.

**Point Play** are offered for 2.5-3.0, 3.0-3.5 and 3.5-4.0 levels. Players enjoy competitive yet social point play through playing dynamic games for 1.5 hours.

**Boot Camp** is perfect to get a great work out, hit a lot of tennis balls and play points.  
Classes run for 2 hours for 3.0-3.5 players

### How do I sign up and play?

Players can sign up on a week-to-week basis by contacting the front desk in advance of the class. 2 players minimum, 6 players maximum. Players must have a valid form of payment on file in order to make a reservation, and payments are to be made before class begins. This payment method can be used for open time, private lessons, special events and other week-to-week bookings.

### What level is best for me?

Flex Clinics have a range of playing levels depending on the type of class

**Point Play** have several options 2.5-3.0, 3.0-3.5, and 3.5-4.0 level

**Boot Camp** is perfect for 3.0-3.5 level players.

Players must know their USTA playing level, and have it approved by the director. Any changes in level or playing up a level must be confirmed by program director.

**If you do not know your USTA playing level, speak to your coach, or, schedule a free evaluation and a YTC professional can recommend the best option for you.**

### How much does a Flex Clinic cost?

Flex clinics are a great option at a lower price point. The price is based upon a 6 to 1 ratio.

**Point Play** | 1.5 hours | \$53 per class

**Boot Camp** | 2 hours | \$72 per class

### How many players can be in a Flex Clinic?

Flex classes have a minimum of 3 players and a max of 6 players. Through dynamic drills and fast paced games, players hit and move throughout the lesson. Within games, players can expect to play points, and then cycle out until their turn begins again. Wait time is very limited as rotations happen quickly. Through group management training, our teaching pros have an excellent game plan of how to keep people moving, hitting a lot of balls, getting a great work out and having fun.