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Araby Patch

SAVE THE DATE:

50TH ANNUAL  
**MBO**TENNIS  
TOURNAMENT



**JULY 21-23, 2017**

## TOTS

### TENNIS WITH ANNIE-HOT SHOTS

3 but less than 7

Res: \$150 Nonres: \$165 (8 Weeks)

Kids will get active, learn new tennis strokes and have fun through skill-building games and engaging activities. Develop hand-eye coordination, learn to keep the ball in play, and begin mastering the basic strokes of tennis including the forehand, backhand, volley and overhead, while participating in a supportive and healthy athletic environment. No prior tennis experience is necessary. No class 2/14.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

26965

1pm to 1:45pm

1/10-3/7

Tu

### TENNIS WITH ANNIE-HOT SHOTS

#### PARENT AND ME

3 but less than 7

Res: \$150 Nonres: \$165 (8 Weeks)

Parents and kids alike will enjoy this interactive beginner class! Through skill-building games and activities, children will develop hand-eye coordination and learn basic tennis strokes including backhand, forehand, volley and overhead. Join in the fun and learn the sport of tennis in a supportive and healthy athletic environment. No prior tennis experience is necessary. Parent participation is required. No class 2/18.

Instructor: Annie Lewis

Location: Mira Costa High School Tennis Courts

26966

10am to 10:45am

1/14-3/11

Sa

# YOUTH TENNIS WITH ANNIE & LILA

## TEAM TENNIS

8 but less than 13  
Res: \$210 Nonres: \$231 (10 Weeks)  
Includes drills and match play for intermediate and advanced players. Juniors must currently be in a Team Tennis class or contact Kevin Brady at wctennis@bradycamps.com.  
Instructor: Annie Lewis  
Location: Live Oak Park Tennis Courts

26950 5pm to 6pm 1/10-3/14 Tu

## FUTURE STARS

4 but less than 9  
Res: \$150 Nonres: \$165 (8 Weeks)  
This class is designed to accommodate the after-school kids schedule. We will focus on building tennis fundamentals through fun games and drills, movement and rally play. Kids will continue to develop the basic tennis strokes including the forehand, backhand, volley and overhead, working towards consistency and keeping the ball in play. No class 2/14, 2/16 and 2/20.  
Location: Live Oak Park Tennis Courts

Instructor: Lila Brady  
26970 3:15pm to 4pm 1/9-3/6 M

Instructor: Annie Lewis  
26962 3:15pm to 4pm 1/10-3/7 Tu  
26963 3:15pm to 4pm 1/12-3/9 Th

## MAIN DRAW

Res: \$150 Nonres: \$165 (8 Weeks)  
In this class, we will continue to fine-tune basic stroke technique and production through fun drills, games, movement and rally play. Players should have some experience with the 4 basic tennis strokes and be able to keep the ball in play and place shots with some consistency, but kids new to tennis are welcome. No class 2/14, 2/16 and 2/20.  
Location: Live Oak Park Tennis Courts

6 but less than 11  
Instructor: Lila Brady  
26973 4pm to 5pm 1/9-3/6 M  
26974 4pm to 5pm 1/11-3/1 W

7 but less than 11  
Instructor: Annie Lewis  
26968 4pm to 5pm 1/10-3/7 Tu  
26969 4pm to 5pm 1/12-3/9 Th

## GRAND SLAM

9 but less than 13  
Res: \$150 Nonres: \$165 (8 Weeks)  
Designed for players who have developed the basic fundamental strokes of tennis and can rally from the baseline, this class focuses on improving consistency and technique. Players will enhance their skills through drills, point play, introduction to strategy and shot selection. Emphasis will be placed on ball control, placement and serving. No class 2/16.  
Instructor: Lila Brady  
Location: Live Oak Park Tennis Courts

27006 4pm to 5pm 1/12-3/9 Th

## GOLD SLAM

9 but less than 15  
Res: \$150 Nonres: \$165 (8 Weeks)  
This class is designed for the intermediate player who is preparing for competitive play and wants to take their game to the next level. Players will have developed sound stroke technique, including the ability to control the ball and rally with consistency. Class instruction will focus on point play, tennis strategy, shot selection and placement, service variety and attacking at the net and increasing tennis IQ.

Instructor: Lila Brady  
Location: Live Oak Park Tennis Courts

26971 4pm to 5pm 1/10-2/28 Tu

## YOUTH TWEEN TENNIS

9 but less than 15  
Res: \$150 Nonres: \$165 (8 Weeks)  
Designed for the advanced beginner who is older elementary to middle-school aged. Players should be able to rally from the baseline and demonstrate a strong understanding of the basic fundamental strokes of tennis. We will enhance technique and ball control through interactive drills, while emphasizing game strategy, placement and serve for point play. No class 2/16.

Instructor: Lila Brady  
Location: Live Oak Park Tennis Courts

27006 4pm to 5pm 1/12-3/9 Th

## TEENS

### YOUTH TENNIS WITH KEVIN

8 but less than 17  
Res: \$360 Nonres: \$396 (9 Weeks)  
Tennis class with Kevin Brady. Includes drills and match play for intermediate and advanced players.  
Instructor: South Bay Tennis Academy  
Location: Mira Costa High School Tennis Courts

27005 9am to 11am 1/7-3/4 Sa

## ADULTS

### ADULT INTERMEDIATE TENNIS

14 and up  
Res: \$150 Nonres: \$165 (8 Weeks)  
Brush up on the core fundamentals of tennis including the forehand, backhand, volley, overhead and serve as you meet new friends and get into shape too! No class 2/16.  
Instructor: Annie Lewis  
Location: Live Oak Park Tennis Courts

26682 6pm to 7pm 1/12-3/9 Th

### ADULT INTERMEDIATE/ADVANCED TENNIS

14 and up  
Res: \$150 Nonres: \$165 (8 Weeks)  
Improve your tennis strokes, consistency, and placement of the ball, as you create topspin, improve foot positioning, and solidify good

form. This class is designed for the player who is ready to put their skills and training into action and play live ball. No class 2/16.

Instructor: Annie Lewis  
Location: Live Oak Park Tennis Courts

26683 7pm to 8pm 1/12-3/9 Th

### FIT TENNIS!

18 and up  
Res: \$150 Nonres: \$165 (8 Weeks)  
Looking to improve the speed, agility and power of your tennis game while increasing lean body tissue and lose body fat? Students will use a variety of equipment such as battle ropes, TRX, medicine balls and more! Intermediate to advanced players. All levels welcome. 2/20.

Instructor: Annie Gorzkowski  
Location: Live Oak Park Tennis Courts

26742 11am to 12pm 1/9-3/6 M

Location: Manhattan Heights Park Tennis Courts  
26743 11am to 12pm 1/11-3/1 W

### TENNIS ADULT CO-ED DOUBLES LEAGUE

18 and up  
Res: \$92 Nonres: \$101 (7 Weeks)  
Each week players are matched with a different partner in League play to determine League MVP; at the end of 7 weeks. New balls for league matches provided by Walt. All levels welcome in this doubles only event. This is a 7 week non-instructional league.

Instructor: Walt Meyers  
Location: Mira Costa High School Tennis Courts

26955 6:30pm to 8pm 1/30-3/13 M

# TENNIS

## ANNUAL PASS

**\$14 per year**

The pass is good for one calendar year from date of purchase; unlimited use as available.

Available for Juniors (15 years and under); good for free play Monday through Friday, 3:00-5:00pm

Available for Older Adults (55 years+); good for free play Monday through Friday, 7:00-9:00am and 2:00-4:00pm

## PRIVATE LESSONS

Certified USPTA tennis pros will work one-on-one with individuals seeking to advance their game of tennis. Whether you're new to the sport or preparing for high ranked tournaments, Manhattan Beach Tennis Pros are here to guide you along the way. To schedule a private lesson, please contact a Tennis Pro.

## TENNIS FACILITIES

### Live Oak Park

1901 Valley Drive,  
6 lighted courts  
Monday-Friday  
7:00am-10:00pm,  
Saturday  
7:00am-8:00pm,  
Sunday  
7:00am-5:00pm,

### Court Fee:

**\$8** (Monday-Friday,  
7:00am-4:00pm)

**\$10** (Monday-Friday,  
5:00-10:00pm & Weekends)  
For more information,  
please call (310) 545-0888

### Manhattan Heights Park

1600 Manhattan Beach Boulevard,  
2 lighted courts  
Monday-Friday  
8:00am-9:00pm,  
Saturday & Sunday  
8:00am-8:00pm  
No reservations required

### Mira Costa High School

Corner of Artesia Boulevard and  
Meadows Avenue,  
10 lighted courts  
Monday-Thursday, 5:00-9:00pm,  
Weekends, 8:00am-2:00pm  
**Court Fee: \$9**

## FOR MORE INFORMATION:

Contact the Parks and Recreation Department at (310) 802-5448 or via email at mbparksandrec@citymb.info or stop by the department (Monday-Thursday, 7:30am to 5:30pm; Alternating Fridays 8:00am-5:00pm; Closed every other Friday).

### LOCATED IN:

City Hall, 1400 Highland Avenue, Manhattan Beach, CA 90266.

## TENNIS STRATEGIES-INTERMEDIATE

18 and up

Res: \$92 Nonres: \$101 (7 Weeks)

Adult Tennis Strategies for the intermediate player for both singles and doubles; men and women. Baseline and net play, as well as balls on the up of the bounce and the half-volley.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

**26957** 8pm to 9pm 1/31-3/14  
**26958** 8pm to 9pm 2/2-3/16  
**26960** 9am to 10am 2/4-3/18

Tu  
Th  
Sa

Location: Manhattan Heights Park Tennis Courts

**26959** 10am to 11am 2/3-3/17

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## TENNIS WITH WALT-LEVEL 1.0

18 and up

Res: \$92 Nonres: \$101 (7 Weeks)

Students will learn hitting systems for both sides of the body, the serve, the rules of the game, the scoring system, the court, and where they should stand and why. Instructor: Walt Meyers

## PRIVATE INSTRUCTOR CONTACT INFORMATION

Tamas Batyi - batyit@unlv.nevada.edu  
Aisling Bowyer - Abowyer@scta.usta.com  
Kevin Brady - wctennis@bradycamps.com  
Lila Brady - lila@bradycamps.com  
Kerry Giardino - kerryg3@hotmail.com  
Anna Gorzkowski - anna.kennedy@gmail.com  
Paul Hing - paulhing@earthlink.net  
Vilar (Dr. V) Larsson - vilar@verizon.net  
Annie Lewis - annieglewis@gmail.com  
Troy Mass - info@beachcitytennis.com  
Dan McCormick - tennispro333@gmail.com  
Walt Meyers - walt@waltmeyerstennis.com  
Brian More - brianmore@cox.net  
Josh Osswald - tennacity@icloud.com  
Bennett Slusarz - bennets@tennismatrix.net  
Landon Shields - trashtennis@gmail.com

## TENNIS MATRIX

Seasonal tennis ladders & round robins held at Live Oak Park. The TennisMatrix.net Challenge Ladder was established to provide players of all abilities an opportunity to sharpen their tennis skills, build match play awareness, and meet new people along the way! Go to www.tennismatrix.net, click on Join a Ladder (top toolbar) & create your account. \*Attn. Click on Bennet Slusarz as your Director at bottom of page! Please review all ladder rules. Please contact Bennet Slusarz for all ladder questions at (310) 372-8648 or bennets@tennismatrix.net.

## LEAGUES

Marine League hosts round robin tournaments at Live Oak Park in spring and fall and USTA hosts round robin tournaments at Mira Costa High School throughout the year. For more information, please call (310) 545-0888

Parks & Recreation Co-Ed Doubles League meets Monday evenings at Mira Costa. For more information, please call Walt Meyers at (310) 701-4595.

Location: Mira Costa High School Tennis Courts  
**26982** 6pm to 7pm 1/31-3/14  
**26983** 11am to 12pm 2/4-3/18

Tu  
Sa

Location: Manhattan Heights Park Tennis Courts  
**26981** 9am to 10am 2/2-3/16

Th

## TENNIS WITH WALT-LEVEL 2.0

18 and up

Res: \$92 Nonres: \$101 (7 Weeks)

For the advanced beginners, students will learn positioning for doubles and the volley, playing the net, as well as consistency for both ground strokes, and the serve. Students will also try the lob and the slam.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts  
**26986** 6pm to 7pm 2/2-3/16  
**26987** 11am to 12pm 2/5-3/19

Th  
Su

Location: Manhattan Heights Park Tennis Courts  
**26985** 9am to 10am 1/31-3/14

Tu

## TENNIS WITH WALT-LEVEL 3.0

18 and up

Res: \$92 Nonres: \$101 (7 Weeks)

Students will learn to hit with a purpose, directional hitting, as well as offense and defense for transitioning through the court. Grip pressure control for distance control, second serve, positioning for doubles and the consequence of same will also be covered.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26989	7pm to 8pm	1/31-3/14	Tu
26991	7pm to 8pm	2/2-3/16	Th
26992	10am to 11am	2/4-3/18	Sa

Location: Manhattan Heights Park Tennis Courts

26990	10am to 11am	2/2-3/16	Th
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## TENNIS WITH WALT-LEVEL 3.5

18 and up

Res: \$92 Nonres: \$101 (7 Weeks)

Students will learn the half-volley, as well as directional control for return of serve, and consequence of same. Point construction for both Singles and Doubles, as well as offense and defense as a consequence of ball altitude and second serve spin.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26996	10am to 11am	2/5-3/19	Su
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Location: Manhattan Heights Park Tennis Courts

26994	10am to 11am	1/30-3/13	M
26995	10am to 11am	1/31-3/14	Tu

## TENNIS WITH WALT-LEVEL 4.0

18 and up

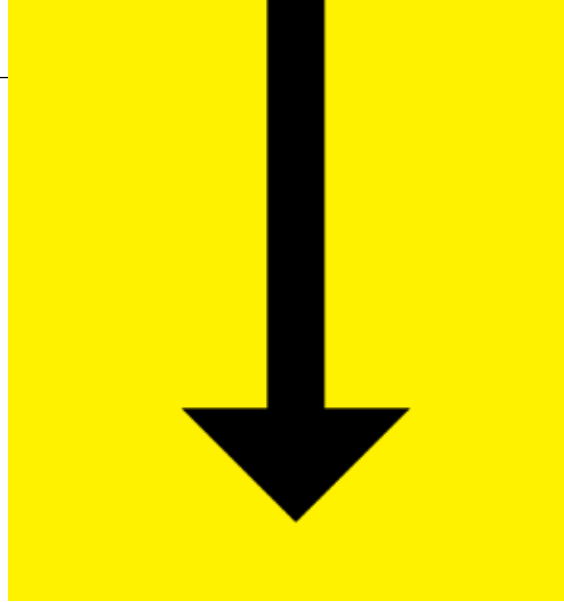
Res: \$92 Nonres: \$101 (7 Weeks)

Advanced students will learn spin as a function of ball altitude and how to stay on swing plan with spin when the ball is outside the strike zone.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

26997	9am to 10am	2/5-3/19	Su
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# SELF RATING

## GUIDE FOR TENNIS CLASSES

### National Tennis Rating Program General Characteristics of Various Playing Levels

#### BEGINNING 1.0 TO 1.5

- 1.0 This player is just starting to play tennis.
- 1.5 This player has limited experience and is still working primarily on getting the ball into play.

#### ADVANCED BEGINNING 2.0

- 2.0 This player needs on-court experience; this player has obvious stroke weakness but is familiar with basic positions for singles and doubles play.

#### INTERMEDIATE 2.5 TO 3.0

- 2.5 This player is learning to judge where the ball is going although court coverage is weak; this player can sustain a rally of slow pace with other players of the same ability.

- 3.0 This player is consistent with hitting medium placed shots, but is not comfortable with all strokes and lacks control when trying for directional intent, depth or power.

#### ADVANCED 3.5 TO 4.0

- 3.5 This player has achieved improved stroke dependability and direction on moderate shots, but still lacks depth and variety. This player is starting to exhibit more aggressive net play, has improved court coverage, and is developing teamwork in doubles.
- 4.0 This player has dependable strokes, including directional intent and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving and teamwork in doubles is evident.