

TENNIS



**50TH ANNUAL
MBO TENNIS TOURNAMENT**
July 20-23
Live Oak Park, MCHS, Manhattan Country Club



PHOTO COURTESY
Araby Patch



SAVE THE DATE:

TENNIS PALLOOZA
ROUND ROBIN



May 7, 2017

TOTS

TENNIS WITH ANNIE - HOT SHOTS

3 but less than 8

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. Adult participation is recommended. No class 4/11.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

27383

1pm to 1:45pm

4/4-5/30

Tu

TENNIS WITH ANNIE - HOT SHOTS PARENT AND ME

3 but less than 8

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 4/15.

Instructor: Annie Lewis

Location: Mira Costa High School Tennis Courts

27384

10am to 10:45am

4/8-6/3

Sa

YOUTH TENNIS WITH ANNIE & LILA

FUTURE STARS

4 but less than 10

Res: \$150 Nonres: \$165

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 4/1, 4/10, 4/13, and 5/29.

Location: Live Oak Park Tennis Courts

Instructor: Lila Brady
27429 3:15pm to 4pm 4/3-6/5 M

Instructor: Annie Lewis
27386 3:15pm to 4pm 4/4-5/30 Tu
27387 3:15pm to 4pm 4/6-6/1 Th

GOLD SLAM

8 but less than 15

Res: \$150 Nonres: \$165

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. No class 4/11.

Instructor: Lila Brady
Location: Live Oak Park Tennis Courts

27428 4pm to 5pm 4/4-5/30 Tu

GRAND SLAM

8 but less than 13

Res: \$150 Nonres: \$165

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 4/13.

Instructor: Annie Lewis
Location: Live Oak Park Tennis Courts

27424 5pm to 6pm 4/6-6/1 Th

MAIN DRAW

Res: \$150 Nonres: \$165

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 Dates: 4/10, 4/11, 4/12, 4/13, 5/29.

Location: Live Oak Park Tennis Courts

6 but less than 12
Instructor: Lila Brady
27431 4pm to 5pm 4/3-6/5 M
27432 4pm to 5pm 4/5-5/31 W

7 but less than 12
Instructor: Annie Lewis
27426 4pm to 5pm 4/4-5/30 Tu
27427 4pm to 5pm 4/6-6/1 Th

TEAM TENNIS

8 but less than 13

Res: \$195 Nonres: \$215

Includes drills and match play for intermediate and advanced players. Juniors must currently be in a Team Tennis or contact Kevin Brady at wctennis@bradycamps.com for a try-out. No class 4/11.

Instructor: Annie Lewis and Lila Brady
Location: Live Oak Park Tennis Courts

YOUTH TWEEN TENNIS

8 but less than 15

Res: \$150 Nonres: \$165

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 4/13.

Instructor: Lila Brady
Location: Live Oak Park Tennis Courts

27433 4pm to 5pm 4/6-6/1 Th

TEENS

TEAM TENNIS WITH KEVIN

8 but less than 17

Res: \$360 Nonres: \$396 (9 Weeks)

This tennis class with Kevin Brady includes drills and match play for intermediate and advanced players. No class 4/15 and 5/27.

Instructor: South Bay Tennis Academy

Location: Mira Costa High School Tennis Courts

27377 9am to 11am 4/8-6/17 Sa

ADULT

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 4/13.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

27130 6pm to 7pm 4/6-6/1 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 with live ball, point play, drills and game strategy. No class 4/13.

Instructor: Annie Lewis

Location: Live Oak Park Tennis Courts

27131 7pm to 8pm 4/6-6/1 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 losing body fat? Students will use a variety of equipment such as battle ropes, TRX, medicine balls and more! Intermediate to advanced players. No class 5/29.

Instructor: Anna Gorzkowski

Location: Live Oak Park Tennis Courts

27192 11am to 12pm 4/10-6/5 M

Location: Manhattan Heights Park Tennis Courts

27193 11am to 12pm 4/12-5/31 W

TENNIS ADULTS CO-ED DOUBLES LEAGUE

18 and up

Res: \$112 Nonres: \$121 (7 Weeks)

In this non-instructional league, players are matched with a different partner each week in League play to determine League MVP at the end of the 7 weeks. New balls for league matches will be provided by Walt. All levels welcome in this doubles only event. Rain-out dates may be lost.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

27382 6:30pm to 8pm 4/10-5/22 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, 3pm to 5pm

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

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 Dr.
6 lighted courts
Monday-Friday 7am to 10pm
Saturday 7am to 8pm
Sunday 7am to 5pm

Court Fee:

\$8 (Monday-Friday, 7am to 4pm)

\$10 (Monday-Friday, 5pm to 10pm & Weekends)

For more information, please call (310) 545-0888

Manhattan Heights Park

1600 Manhattan Beach Blvd.
2 lighted courts
Monday-Friday 8am to 9pm
Saturday & Sunday 8am to 8pm
No reservations required

Mira Costa High School

Corner of Artesia Blvd. and Meadows Ave.
10 lighted courts
Monday-Thursday 5pm to 9pm
Weekends 8am to 2pm

Court Fee: \$9

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.

FOR MORE INFORMATION:

Contact the Parks and Recreation Department at (310) 802-5448 or via email at mbparksandrec@citymb.info or stop by the Parks and Recreation Department located in City Hall, 1400 Highland Ave., Manhattan Beach, CA 90266 (Monday-Thursday, 7:30am to 5:30pm; Alternating Fridays 8am to 5pm; Closed every other Friday).

TENNIS THEORY WITH WALT

18 and up

Res: \$15 Nonres: \$17

Ever wonder why tennis pros decide to go with one shot over the other? Why they charge the net when you were always taught to stay home? Ever wish you could pick the brain of a pro? This is your chance to do all of those at the comfort of your own home! Join Walt Meyers and other tennis athletes on Skype to simultaneously watch the Tennis channel, ask questions and discuss the tennis matches with a Pro!

Instructor: Walt Meyers

Location: Your computer

27954 2:30pm to 3:30pm 4/15 Sa

TENNIS WITH WALT LEVEL 1.0

18 and up

Res: \$112 Nonres: \$121 (7 Weeks)

In this adult beginner level class, students will learn hitting systems from both sides of the body; as well as the serve. The rules of the game, the scoring system, the court, where they should stand and why, will also be covered. Rain-out dates may be lost.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

27394 6pm to 7pm 4/11-5/23 Tu
27396 11am to 12pm 4/15-5/27 Sa

Location: Manhattan Heights Park Tennis Courts

27395 9am to 10am 4/13-5/25 Th

TENNIS WITH WALT LEVEL 2.0

18 and up

Res: \$112 Nonres: \$121 (7 Weeks)

In this Adult Tennis 2.0 Advanced/Beginner class, 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 try the lob and the slam. Rain-out dates may be lost.

Instructor: Walt Meyers

Location: Manhattan Heights Park
 27398 9am to 10am 4/11-5/23 Tu

Location: Mira Costa High School Tennis Courts
 27399 6pm to 7pm 4/13-5/25 Th
 27400 11am to 12pm 4/16-5/28 Su

TENNIS WITH WALT LEVEL 3.0

18 and up

Res: \$112 Nonres: \$121 (7 Weeks)

In this Adult Tennis Intermediate 3.0 class, students will learn to hit with purpose, directional hitting, as well as offensive for transitioning through the court. Grip pressure control for distance control, and the second serve, positioning for doubles and the consequence of the same will also be covered. Rain-out dates may be lost.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts
 27402 7pm to 8pm 4/11-5/23 Tu
 27404 7pm to 8pm 4/13-5/25 Th
 27405 10am to 11am 4/15-5/27 Sa

Location: Manhattan Heights Park Tennis Courts
 27403 10am to 11am 4/13-5/25 Th

TENNIS WITH WALT LEVEL 3.5

18 and up

Res: \$112 Nonres: \$121 (7 Weeks)

In this Adult Advanced Tennis 3.5 class, students will learn the half-volley, as well as directional control for return of serve, and consequence of the same. Point construction for both singles and doubles, as well as offense and defense as a consequence of ball altitude and second serve spin will also be covered. Rain-out dates may be lost.

Instructor: Walt Meyers

Location: Manhattan Heights Park Tennis Courts
 27407 10am to 11am 4/10-5/22 M
 27408 10am to 11am 4/11-5/23 Tu

Location: Mira Costa High School Tennis Courts
 27409 10am to 11am 4/16-5/28 Su

TENNIS WITH WALT LEVEL 4.0

18 and up

Res: \$112 Nonres: \$121 (7 Weeks)

Adult Tennis 4.0 Advanced; Students will learn spin as a function of ball altitude. How to stay on swing plan when the ball is outside the strike zone, with spin. Rain-out dates maybe lost.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts

27410 9am to 10am 4/16-5/28 Su

WALT'S TENNIS STRATEGIES - INTERMEDIATE

18 and up

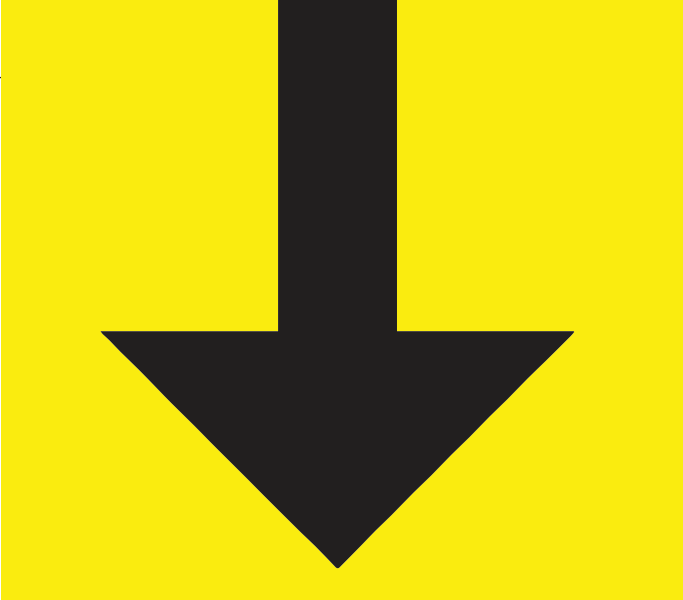
Res: \$112 Nonres: \$121 (7 Weeks)

This adult tennis strategies class is for intermediate singles and doubles players. Baseline and net play, as well as balls on the up of the bounce and the half volley will be covered. Rain-out dates may be lost.

Instructor: Walt Meyers

Location: Mira Costa High School Tennis Courts
 27417 8pm to 9pm 4/11-5/23 Tu
 27418 8pm to 9pm 4/13-5/25 Th
 27420 9am to 10am 4/15-5/27 Sa

Location: Manhattan Heights Park Tennis Courts
 27419 10am to 11am 4/14-5/26 F



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.