

Bruce Nagel Tennis Academy

262-2057

at the Kailua Racquet Club

Windward tennis at it's best!

Adult Programs

XR10S and XR10S Plus

These classes are the foundation of the most popular adult tennis program in the State. You can expect to hit a lot of balls, practice all the shots, and get a great workout in a fun, challenging atmosphere. The drills are goal oriented and incorporate strategy along with conditioning and stroke production. These classes give the pro a candid view of how you play the game, and what you need to do to improve. The classes listed below are according to the NTRP rating system. If you don't have a rating, call us and we will help. Call to register.

Monday	8-9:30am	<i>Plus</i>	3.0-3.5
Tuesday	8-9:30am	<i>Plus</i>	2.5-3.5
Wednesday	8-9:30am	<i>Plus</i>	3.5-4.0
Thursday	8-9am		2.5-3.0
	9-10am		3.5-4.0
	10-11:30am	<i>Plus</i>	4.0-4.5
(evening class)	7-8pm		3.0-4.0
Friday	5-6pm		3.5-4.5
Saturday	7-8am		3.5-4.5
	8-9am		3.0-4.0
	9-10:30	<i>Plus</i>	4.0-4.5
	10:30-noon	<i>Plus</i>	3.5-4.0
Sunday	7:30-9am	<i>Plus</i>	2.5-3.5
	9-10:30am	<i>Plus</i>	4.5-5.5
	10:30-noon	<i>Plus</i>	3.5-4.0

XR10S: \$14, KRC members \$13

XR10S Plus: \$19, KRC members \$18

Classes are year round, but are limited to 10 participants, so as long as there is room, you can jump into one at any time. Call first for availability. 262-2057. After the first class, payment is made in advance to reserve your place in the next lesson that you would like to attend, so you don't even have to come every week! To change your reservation, or to save a credit for the future, you must give a full 48 hours cancellation notice.

NAP Cards: Purchase a series for a discount. Three fully punched cards may be redeemed for a FREE class!

XR10S: One Hour NAP Cards good for 15 classes:
\$205 (KRC Members: \$190)

XR10S+: One hour and a half NAP Card good for 10 classes:
\$185 (KRC Members: \$175)

Games Only Doubles Strategy

Many of our members enjoy games of Exer-tennis but the drills may be too hard on the joints! After a short warm-up and a drill for the "shot of the day" we play games!!!!

Monday	9:30-10:30am	3.0-4.0
Wednesday	9:30-10:30am	3.0-4.0
Thursday	8:00-9:00pm	3.0-4.0

Cost: \$14 (KRC Members \$13) Exer-tennis punch cards may be used.

Private Lessons

\$70/hr, \$38/half hr (KRC members: \$65/hr, \$35/half hr)

From Bruce Nagel: \$80/hr, \$45/half hr (KRC members: \$70/hr, \$38/half hr)

Purchase a series of 5 and save!

5 hr / half hr private lessons: \$330 / \$180, (KRC members: \$305 / \$165)

Bruce Nagel: \$380 / \$215 (KRC members: \$330 / 180)