



Adult Sports

Tennis 5/10 weeks

Ages 15-Adult

The following classes are offered for ages 15-Adult: **Beginners (Beg.):** Covers forehand, backhand, service, rules, and court etiquette for the beginning player. **Intermediate (Int.):** Focuses on ground strokes and use of spins, volley, footwork, and positioning. Players should be able to rally, play out points, and have some match experience. **Advanced (Adv.):** Emphasis is on advanced net play and doubles movement with a partner, for the intermediate player moving toward tournament play. *Bring tennis racquet & one can of new, unopened "Extra Duty" tennis balls.*

Instructor: David Parker, USPTA Certified

Session 1

#2401.115 Beg. W 6:00-7:30 pm 4/4-5/2 \$58 KCP 7&8

#2401.116 Int/Adv. W 7:30-9:00 pm 4/4-5/2 \$58 KCP 7&8

Session 2

#2401.125 Beg. W 6:00-7:30 pm 5/16-6/13 \$58 KCP 7&8

#2401.126 Int/Adv. W 7:30-9:00 pm 5/16-6/13 \$58 KCP 7&8

10 Week Class

#2401.105 Int. Sa 8:30-10:00 am 4/7-6/9 \$109 MVP 1&2

Adult Fencing 6 weeks

Ages 13-Adult

Learn the basics of swordplay. This beginner class will cover footwork, strategy, conditioning, scorekeeping and refereeing. Everything you need for a duel! Fencing is an excellent combination of cardio and strength training.

Instructor: Karen Baumgart

#1650.101 W 6:00-7:00 pm 4/25-5/30 ***\$48 SDFC

**\$35 rental fee for equipment is due at first class

NEW

Beginning Archery 7 weeks

Adults

Come experience the powerful excitement of shooting a bow! Students will gain knowledge of archery as a sport, learn about required equipment, and practice current techniques. Safety rules and procedures will be taught and enforced. All equipment is provided and recurve bows will be used.

Instructor: Rho Densmore, USA Archery Level 4-NTS Coach, ASEP Certified in Coaching Principles, & 2004 3D National & 2005 World Indoor Champion

#1477.101 Sa 10:00-11:00 am *4/14-6/2 \$84 MVP

*No Class 5/26

Masters/Lap Swimming

see page 21



and

Escondido Recreation



New Teams
Get \$50 off

Adult 6 on 6 - Flag Football

Cost: \$450/team; \$50/individual

Register Now - Games played on Tuesday nights at Kit Carson Park

For registration information go to www.FlightActionSports.com or call 619.890.3257