

Shawn Conyers

Director of Tennis



Shawn Conyers holds degrees in Marketing from Nassau CC as well as Sports Science from Ferris State University. He is currently a student at the University of Baltimore as Jurist Prudence major. He holds a P1 USPTA certification. With an NTRP of 5.0, his experience as a player has afforded him exposure to many aspects of the profession which includes tennis directing, USTA tournament directing, tennis programming, USTA team management (Adult & Junior), adult social events, USTA in school and after school programs, pro shop management, and court maintenance.

Advantage Me Community Tennis Association

Private lesson - \$50 per hour

- \$25 per half hour

- A series of 10 hours (paid in advance) is \$500.
- The series may be split among family members or friends. A smaller package of 5 hours (paid in advance) is \$250.

Semi-Private - \$30/ per person per hour

Clinics (3 or more people - initiated by pro) and **Group Lesson** (initiated by member) - \$20/per person per 1 hour; \$25 per person per 1 1/2 hours

Hitting with Tennis Assistants - \$20/hr - arranged through Shawn or by direct contact with assistant (who must confirm with Shawn to check court availability)

Checks Payable to: Shawn Conyers

Phone: 443-322-6581
advantage_me_conyers@yahoo.com

Cold Spring Swim & Tennis Club



Adult Tennis Programs

June 28th – August 29th

4701 Yellowwood Ave
Baltimore, MD 21209-4621
44-322-6581

Adult Tennis Academy @ Cold Spring Swim & Tennis Club

Learn & Play

Tuesdays 6pm – 7:30pm

(2.0 – 3.0 skill level) This class focuses on the skills needed to be competitive. There will be a half hour drill that focuses on a specific technique or tactic, and an hour of supervised match play. During the matches the pro will monitor play and advise players accordingly. All scores will be processed and a standings list will be posted weekly.

Cost: \$15 per player

Cardio Tennis

Mondays & Thursdays
6am – 7am Cardio Tennis 1
7am – 8am Cardio Tennis 2

Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Taught by a teaching professional, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, try Cardio Tennis.

Cost \$10 per player

Drills & Skills

Wednesday 6:30pm – 8pm

(3.0 – 4.0 skill level) This class focus is to develop the skills necessary to advance in the game. There will be fed ball & rally type drills to help develop your hitting skills, along with developing your knowledge of strategies to play the game.

Cost \$20 per player

High Performance

Monday 7:30pm- 9:00pm

(3.5 - 4.0+ skill level) This class is designed to enhance a player's ability to perform under pressure using live ball feeds and realistic game situations. High percentage shot selection and mobility is this class's focus.

Cost: \$25 per player

Name: _____

Address: _____

City: _____

State: _____

Zip: _____

Email: _____

Home Ph#: _____

Cell# Work# _____

Class: _____

Time(s): _____

Type of Payment: _____

Amount: _____

Age: _____

Parent /Guardian Signature: _____

Date: _____