Lessons begin the week of June 17th and run through August 8th and are divided into two separate sessions. Structured lessons with emphasis on patience, will surely make an “ACE” in no time. Stroke development, game rules, practice format and match strategies are reviewed throughout the program. Participants are encouraged to bring their own racket, water bottles, use sunscreen and/or wear a hat. All skill levels are welcome and taught by high school, college players and coaches. Each program is 50 minutes in length and held at Nicolet High School. NHS Head Tennis Coach Tim Koppa will be on-site teaching lessons each day. Lessons may be canceled due to inclement weather and may not be re-scheduled. Refunds are not issued due to weather conditions.

Session I

Date: June 17 - July 11 (skip 7/4)
Day: Mondays - Thursdays
Location: Nicolet High School - Lower Tennis Courts
Fee: $128.00R/$148.00NR
Min/Max: 5/30

Level: Time: Program#
Pee Wee 10:00 - 10:50am 311020-01
Pee Wee 11:00 - 11:50am 311020-02
Beginner 10:00 - 10:50am 311020-03
Beginner 11:00 - 11:50am 311020-04
Beginner 12noon - 12:50pm 311020-05
Advanced Beginner 11:00 - 11:50am 311020-06
Advanced Beginner 12noon - 12:50pm 311020-07
Intermediate 11:00 - 11:50am 311020-08
Intermediate 12noon - 12:50pm 311020-09

Session II

Date: July 15 - August 8
Day: Mondays - Thursdays
Location: Nicolet High School - Lower Tennis Courts
Fee: $128.00R/$148.00NR
Min/Max: 5/30

Level: Time: Program#
Pee Wee 10:00 - 10:50am 311020-10
Pee Wee 11:00 - 11:50am 311020-11
Beginner 10:00 - 10:50am 311020-12
Beginner 11:00 - 11:50am 311020-13
Beginner 12noon - 12:50pm 311020-14
Advanced Beginner 11:00 - 11:50am 311020-15
Advanced Beginner 12noon - 12:50pm 311020-16
Intermediate 11:00 - 11:50am 311020-17
Intermediate 12noon - 12:50pm 311020-18

INSTEAD OF WATCHING YOUR CHILD PLAY TENNIS YOU CAN PLAY AS WELL!
- CARDIO TENNIS FOR ADULTS

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels. If you’ve never played tennis before, it is a great way to be introduced to the sport. If you are an experienced high level tennis player, it is the best way to train for tennis.

Walk-ups welcome, drop-in fee of $15.00.

Day: Mondays - Thursdays
Time: 11:00 - 11:50am
Location: Nicolet High School
Lower Tennis Courts
Fee: $179.00R/$199.00NR
Min/Max: 5/8
Instructor: Tim Koppa

Session: Date: Program#
I June 17 - July 11 (skip 7/4) 331020-01
II July 15 - August 8 331020-02

CLASSIFICATION

Pee Wee: Strictly age 3-6 years.
Beginner (7-14 years old): has basic motor skills and is strong enough to begin advance strokes and strategy.
Advance Beginner (7-14 years old): strokes are proficient but not consistent. This player shows interest in competition.
Intermediate (7+ years old): strokes are more consistent and player is interested in match play.

Tim Koppa
North Shore area for over 25 years during the summer months. He is a physical education & health teacher at Nicolet. Specifically Tim has coached numerous doubles teams to successful finishes. Most recently the 2018 Girls D1 State Champs of Emma Koppa & Annabelle Crowley.

Sami Koppa
Girls D1 State Champs of Emma Koppa & Annabelle Crowley.

Greetings! My name is Sami Koppa and I have been involved in tennis for the majority of my life. Currently, I am a student-athlete at UW-Oshkosh where I study Elementary Education and Spanish. I attended Cedarburg High School and was part of the Varsity Tennis Team all four years and qualified for state. During this time, I also managed the boy’s Varsity Tennis Team and learned a lot about coaching tennis. At UW-Oshkosh I have played at the collegiate Division III level for the last three years. I play in both the singles and doubles lineup for my team. I also have a lot of experience instructing Tennis throughout my life. I have worked through the Cedarburg Recreation Department, the Shorewood Recreation Department, and the Nicolet Recreation Department doing various jobs involving tennis. In 2016, I was the Tennis Coordinator for the Shorewood Recreation Department where I directed the program and helped plan lessons for children of all ages (4-18 years old). All of this experience has motivated me to instruct tennis to people of all ages and skill ability. One of my favorite things about tennis is that anyone can learn to play, no matter how young or old!

Questions?
Tim Koppa (414) 852-4563
tim.koppa@nicolet.us

Weather Cancellation Hotline: (414) 351-7589

Private Tennis Lessons also available.
For more information please call Tim Koppa at (414) 852-4563.
CARDIO TENNIS FOR ADULTS
Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. It is a very social and fun class for players of all ability levels. If you've never played tennis before, it is a great way to be introduced to the sport. If you are an experienced high level tennis player, it is the best way to train for tennis. 
*Walk-ups welcome, drop-in fee of $15.00.*

<table>
<thead>
<tr>
<th>Day:</th>
<th>Mondays - Thursdays</th>
<th>Session:</th>
<th>Date:</th>
<th>Program#:</th>
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<tr>
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<tr>
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<td>Min/Max:</td>
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CARDIO TENNIS FOR ADULTS
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<thead>
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<th>Day:</th>
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<tr>
<td>Instructor:</td>
<td>Tim Koppa</td>
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ADULT BEGINNER TENNIS LESSONS
Whether this is your first time playing tennis or you haven't played in years this class is for you! Come join the fun and learn how to play the game and develop your strokes under the instruction of Nicolet Head Tennis Coach Tim Koppa.

<table>
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<tr>
<th>Day:</th>
<th>Mondays</th>
<th>Session:</th>
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<tr>
<td>Instructor:</td>
<td>Tim Koppa</td>
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ADULT DOUBLES DRILL
Come learn more about doubles strategies. Tim Koppa, a leading expert in doubles will lead this dynamic drill. State league players, bring your partner or come on your own. This will build your knowledge and you thinking about more ways to improve your game and finish the point!  
*Walk-ups welcome, drop-in fee of $25.00.*

<table>
<thead>
<tr>
<th>Day:</th>
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<tr>
<td>Instructor:</td>
<td>Tim Koppa</td>
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register with:

Nicolet Recreation Department  
6701 N. Jean Nicolet Rd.  
Glendale, WI 53217  
Phone: (414) 351-7566  
Fax: (414) 351-4053  
www.nicolet.us  
On-line registration: https://rec.nicolet.k12.wi.us