**Matchpoint Table Tennis Center Group Training **

**Program information:**

**YOUTH BEGINNER TRAINING**: Saturday 10:30 – Noon, Tuesday & Thursday 7:00 – 8:30 pm

New players will be taught the basic strokes through the development of correct stroke mechanics and multi-ball drills. They will also learn serving and receiving, basic footwork, and proper positioning.

* **Members $30 Non-Members $35**

Discount for players who sign-up for all three training sessions:

* **Members $80 Non-members $100**

 **ADULT TRAINING**: Saturday 2:00 – 4:00 pm

Players will be taught how to improve the basic skills they have already learned. They will participate in advanced footwork multi-ball drills and learn how to counter topspin, backspin, and sidespin during rallies and serve receiving.

* **Members $35 Non-Members $40**

**ADVANCED YOUTH TRAINING**: Saturday 5 – 7:30 pm

Experienced tournament players will participate in rigorous training consisting of:

* 15-minute warm up
* 1 hour group training with Coaches
* ½ hour players training their fellow players
* 45 minutes of match play or specialized table tennis physical training. Head Coach will evaluate the matchplay.
* **Members $40 Non-Members $45**