

Winter Indoor Adult Drop-In Tennis Clinics

In Effect Thursday, January 2 - Sunday, February 23

Monday	9:00 - 10:00 AM	Adv. Beginner to Intermediate	(level 2.5 – 3.5)	Ron
	10:00 - 11:00 AM	Advanced Workout	(level 4.0 and up)	Ron
	11:00 AM - 12:00 PM	Drills for Thrills	(level 2.5 – 4.0)	George
Tuesday	8:00 - 9:00 AM	Beginner to Adv. Beginner	(level 2.0 – 2.5)	Betsy
	9:00 - 10:00 AM	Adv. Beginner to Intermediate	(level 2.5 – 3.5)	Betsy
	9:00 - 10:00 AM	Advanced Intermediate	(level 3.5 – 4.0)	Ron
	11:00 AM - 12:00 PM	Drills for Thrills	(level 2.5 – 4.0)	George
	12:00 - 1:00 PM	Advanced Workout	(level 4.0 and up)	George
Wednesday	9:00 - 10:00 AM	Adv. Beginner to Intermediate	(level 2.5 – 3.5)	Ron
	10:00 - 11:00 AM	Advanced Workout	(level 4.0 and up)	Ron
	10:00 - 11:00 AM	Drills for Thrills	(level 2.5 – 3.5)	Betsy
	11:00 AM - 12:00 PM	Beginner to Adv. Beginner	(level 2.0 – 3.0)	Betsy
Thursday	9:00 - 10:00 AM	Advanced Intermediate	(level 3.5 – 4.0)	Ron
	10:00 - 11:00 AM	Adv. Beginner to Intermediate	(level 2.5 – 3.5)	George
	11:00 AM - 12:00 PM	Drills for Thrills	(level 3.5 and up)	George
	12:00 - 1:00 PM	Advanced Workout	(level 4.0 and up)	George
Friday	9:00 - 10:00 AM	Adv. Beginner to Intermediate	(level 2.5 – 3.5)	Betsy
	10:00 - 11:00 AM	Advanced Workout	(level 4.0 and up)	Ron
	11:00 AM - 12:00 PM	Drills for Thrills	(level 2.5 – 4.0)	George
Saturday	8:30 - 10:00 AM	Advanced Workout	(level 4.0 and up)	George
	10:00 - 11:00 AM	Drills for Thrills	(level 2.5 – 4.0)	George
	11:00 AM - 12:00 PM	Drills for Thrills	(level 2.5 and up)	George
Sunday	8:30 - 10:00 AM	Advanced Workout	(level 4.0 and up)	George
	10:00 - 11:00 AM	Drills for Thrills	(level 2.5 – 4.0)	George
	11:00 AM - 12:00 PM	Drills for Thrills	(level 2.5 – 4.0)	George

As low as
\$23
per session

Adult Tennis Clinic Descriptions

**All 60-minute drop-in tennis clinics are \$23 per class.
The 90-minute clinics are \$34.

Cardio Tennis (skill level: 2.5 and up)

Looking for an opportunity to improve your aerobic fitness? This is it! One hour of heart pumping activity designed for beginner and advanced players. These Drills are designed to promote improved stroke production, speed, and agility, while constantly keeping your heart rate at an elevated but comfortable level. Personal heart rate monitors are recommended if you have one.

Advanced Workout (skill level: 4.0 and up)

This clinic is only for players 4.0 level and higher or for adults and tournament level juniors who want to experience a college-style workout. Through a combination of pro fed, "live ball" and competitive drills, your court movement, shot selection, concentration and fitness will elevate to a higher level.

Drills for Thrills (skill level: 2.5 - 4.0)

This clinic will feature fast-paced feeding drills using the entire court in order to improve stroke production and competitive ability. Point-play situations will be played amongst participants and with the pro.

Advanced Beginner to Intermediate Clinic (skill level: 2.5 - 3.5)

Clinic is structured for intermediate players looking to improve their stroke techniques. This program features Upbeat drilling sessions followed by point play situations.

Advanced Intermediate Clinic (skill level: 3.5 - 4.0)

This clinic will cater to members who have tennis experience and are looking for advanced drills and point play. Live ball games and drills will be a significant part of the clinic.

Beginner to Advanced Beginner Clinics (skill level: 2.0 - 3.0)

Whether you have never touched a racquet, recently started or just want to get back in the game, this is the clinic for you. Clinics will cover basic stroke production and technique, scoring, court positioning and basic strategy. Racquets will be available if needed.

