



# WEEKLY TENNIS CLINICS

**Register for programs at least 24 hours in advance and payment is due at time of registration.**

## **CARDIO TENNIS**

Fast paced games and drills to get your heart rate up! All levels are welcome.

**Saturday 8 - 9am** (Led by Michael & AJ)

Member \$20 | Guest \$30

## **TENNIS IQ** (Led by Jim M.)

Working on your game physically and mentally. Strategies, drills and technique.

**For players 3.0 & above.**

**Monday 9:30am - 11am**

**Wednesday 10:30am - 12pm**

Member \$25 | Guest \$35

## **2.5+ CLINIC** (Led by Stephen)

Focuses on stroke mechanics, rallying skills and net play. Beginning players will spend time on their swing shape, contact points, footwork patterns, as well as learning to hit with directional and depth control.

**Thursday 10:30am-12pm**

Member \$25 | Guest \$35

## **3.0/3.5 CLINIC** (Led by Michael)

Skills and drills for 3.0/3.5 level players. Focus is on live ball drills and point scenarios designed to improve your game.

**Thursday 9-10:30am**

Member \$25 | Guest \$35

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