



WEEKLY TENNIS CLINICS

INTRO TO TENNIS – 4 CLASS MONTHLY SERIES (led by Sam)

For beginning adults or those who are returning to the game. Offers fun progressions and games with the goal of playing tennis, learning basic rules and positioning.

Monday 6:00pm – 7:30pm

(September 9,16,23,30) (October 7,14,21,28) (November 4,11,18,25) (December 2,9,16,30)

Member \$99 | Guest \$139

2.5+ INTRO TO TENNIS – LEVEL II

Continue to improve your skills, technique and game after completing the Intro to Tennis Series.

Thursday 10:30am – 12:00pm (led by Stephen)

Thursday 6:00pm – 7:30pm (led by Sam)

Member \$25 | Guest \$35

3.0+ TENNIS CLINIC (led by Michael)

Focus on live ball skills and drills and point scenarios designed to improve your game.

Thursday 9:00am – 10:30am

Member \$25 | Guest \$35

3.5+ TENNIS IQ CLINIC (led by Jim Martin)

Work on your game physically and mentally; strategies, skills and technique.

Monday 10:30am – 12:00pm

Wednesday 10:30am – 12:00pm

Member \$25 | Guest \$35

LIVE BALL TENNIS CLINIC (led by Jim Martin)

Point-play situations, strategic rallies, & quick decision-making, all while enjoying the social and competitive aspects of the game. Focus on improving your court agility, shot selections and overall tennis IQ.

Wednesday (3.0/3.5) 6:00pm – 7:00pm

Wednesday (4.0/4.5) 7:00pm – 8:00pm

Member \$25 | Guest \$35

CARDIO TENNIS CLINIC (led by AJ & Michael)

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

Saturday 8:00am – 9:00am

Member \$20 | Guest \$30

TENNIS CONDITIONING CLINIC (led by AJ) *new!*

Develop quicker agility, power, coordination and speed for more efficient movement on the tennis court.

Tuesday (Adult) 7:30am – 8:30am

Friday (ETC 1 & 2, Challengers Tour) 3:30pm – 4:30pm

Saturday (Champs Tour) 9:00am – 10:00am

Member \$20 | Guest \$30

Please register a minimum of 24 hrs. in advance, payment is due at time of registration.