

ADULT TENNIS CLINICS SPRING 2008

GET IN THE GAME WITH OUR FUN CLINICS!

All Levels; All Ages

Book a Free Tennis Evaluation!

Our pros will help you choose the perfect clinic and leagues.

NEW PLAYER PROGRAM

(Rating 1.0-2.5)

8 Week Program: \$144/member \$160/non-member

Per Class: \$22/member \$26/non-member

Racquet & Court Familiarity & Etiquette

Basic Hitting Skills: Volleys & Groundstroke's

Fun Games and Drills

Mondays 9:30-10:30am

Wednesdays 5:30-6:30pm

Saturdays 9:00-10:00am

STROKE OF THE WEEK

(Level 2.0-3.5)

8 Week Session: \$144/member \$160/non-member

Per Class: \$22 member \$26/non member

Each week a specific shot is mastered

Expert instruction on technique

Fun drills to practice each shot

Tuesdays 10-11am

Saturdays 10-11am

DOUBLES WORKSHOP

(Level 2.5-3.5)

8 Week Session: \$200/member \$248/non-member

Per class: \$30/member \$34/non-member

Knowledge of Basic Strategies

Consistency and Shot/Spin Variety

More Advanced Strategy

Drills, Match Play, and Games

Mondays 10:30am-12pm- 2.5-3.0

Wednesdays 6:00-7:30pm- 3.0-3.5

CARDIO TENNIS

Rating (1.0-2.5 or 3.0-4.0)

\$22/ member \$26 non-member

Fast paced cardio tennis drills

Tune up your footwork and improve all shots

Burn calories and improve your quickness

Saturdays 8-9am

PLAY WITH THE PRO

(Level 2.0-3.5)

8 Week Session: \$160/member \$200/non-mem

Per class: \$24/member \$28/n.m.

Increased Consistency on all strokes, Shot/Spin Variety & Strategy

Use of Placement, Patience, and Power

Match Play and Mental Preparation

45 minutes of drills and 45 minutes of play

Tuesdays 6:00-7:30pm

Wednesdays 11:00am-12:30pm

Fridays 8:30-10am

SINGLES WORKSHOP

(Level 3.0-4.0)

8 Week Session: \$200/member \$248/non-member

Per class: \$30/member \$34/non-member

Drills & games to improve your stamina!

Singles strategies and shot making

Thursday 11am-12:30pm

ADVANCED WORKSHOPS

(Level 3.5-4.5)

8 Week Session: \$200/member \$248/non-member

Per class: \$30/member \$34/non-member

A high end clinic with emphasis on the modern game.

Tuesdays 11:00-12:30

Saturdays 10:30-12:00

PRIVATE TEAM COACHING

1.5 hrs. of instruction followed by 1.5 hrs. coached match play

2 players: \$80 each--3 players: \$ 60 each-- 4 players: \$40 each

PRIVATE LESSONS

1/2 Hour

Member:\$36 Non-members:\$40

1 Hour

Members:\$66 Non-members: \$72

Semi-private hour

Member: \$36/person Non-members: \$40/person

