

TENNIS UNIVERSITY CLINICS

EFFECTIVE MARCH 2024

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 AM							
8:00 AM			Cardio Tennis 8:00 - 9:00 <i>Free To All Members</i>			Cardio Tennis 8:00 - 9:00 <i>Free To All Members</i>	
9:00 AM					Starters Clinic 9:00 - 10:00 <i>Free To Tennis Members</i>	Speciality Shots 9:00 - 10:00	Groove Your Strokes 9:00 - 10:00
10:00 AM	Groove Your Strokes 10:00 - 11:00	Ground Strokes 10:00 - 11:00		Doubles Strategy 10:00 - 11:00	Groove Your Strokes 10:00 - 11:00	Grand Slam 10:00 - 11:00	Transitions 10:00 - 11:00
11:00 AM	Doubles Strategy 11:00 - 12:00	Transitions 11:00 - 12:00		Grand Slam 11:00 - 12:00			
12:00 PM			Groove Your Strokes 12:00 - 1:00				
1:00 PM			Serve & Return 1:00 - 2:00				
6:00 PM		Ground Strokes 6:00 - 7:00	Speciality Shots 6:00 - 7:00	Games 6:00 - 7:00			
7:00 PM						Starters Clinic 6:30 - 7:30 <i>Free To Tennis Members</i>	

PROGRAM KEY

- TENNIS UNIVERSITY CLINICS
- STARTERS CLINIC *FREE TO TENNIS MEMBERS*
- GROUP FITNESS CLASS *FREE TO ALL MEMBERS*

Register on the Club App

- * Registration for TU clinics opens 48-hrs prior
- * Clinics are subject to change
- * All cancellations made with less than 24-hour notice will be charged the clinic fee.

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The
Thoreau Club

CLINIC DESCRIPTIONS

All Tennis University clinics are included at no cost with Flextime membership.
\$30 for Non-Flextime tennis members.

CARDIO TENNIS ***FREE TO ALL MEMBERS***

Join us for an energizing and high-intensity workout that combines traditional tennis drills with cardio exercises and heart-pumping music.

DOUBLES STRATEGIES

Sign up with your partner or learn new doubles skills individually during doubles strategy clinics. Work on communication, cohesive movement, positioning, and new formations to apply in match situations.

GAMES

Ready to have some fun? Let's play some exciting games like champion of the court, mini maxi, triples, or 105. We'll engage in friendly competition and have a great time together.

GRAND SLAM

This is a play-based clinic. Players will be doing live ball drills, hitting with depth and spin; down the line and cross-court. Serve and return with playing out points, both singles and doubles.

GROOVE YOUR STROKES

Perfect your technique, depth, touch, and power on your groundstrokes and volleys during our ball feeding sessions. With the repetitions of our ball feeding clinics, you can become the baseline and net player you've always envisioned. Many of our players see results such as fewer errors, heavier and more powerful shots, and cleaner strikes.

GROUND STROKES

For most players, groundstrokes are the pillars of their game. A strong tennis player must be able to deal with a variety of different shots. Learn the correct preparation, movement, and recovery for baseline shots while applying your skills in baseline drills and situation point play.

SERVE & RETURN

The most important shot in the game of tennis is the serve. If your serve is a strength you will find winning games and matches in singles or doubles becomes a much easier task. The only player more lethal than one with a great serve, is a player with a great serve and return. Starting each point on a strong note is a game-changer.

SPECIALTY SHOTS

Take your game to the next level by mastering a variety of specialty shots in this clinic. You'll learn how to execute advanced techniques such as drop shot, lob, backhand overhead, swinging volley, drop volley, slice, and even the tweener. Are you ready to push your skills to the limit?

STARTERS CLINIC ***FREE TO TENNIS MEMBERS***

Designed for players looking to learn the life long sport of Tennis. We focus on the fundamentals and technique - forehand, backhand, volley and serve. Most of all, you will meet new friends and have fun at the same time.

TRANSITION

Take your game to the next level at the net! Learn how to approach the net, put away volleys and take the ball out of the air.