

TENNIS UNIVERSITY



**All Clinics
\$25 per player**

Included in the
Flextime® membership

Clinic Reservations
call
978.831.1241

text
978.254.1983

email
tennis@thoreau.com

Every Day 9am-6pm

Winter 2018 Clinic Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					Heartbreakers 9-10am	Hot Shots 9-10am
Heartbreakers 10-11am	Hot Shots 10-11am	Baby Got Backhand 10-11am	Double Trouble 10-11am	Double Trouble 10-11am	High Five 10-11am	
	High Five 11am-12pm	Man vs. Machine 11am-12pm	Slice and Dice 11am-12pm	Kiss My Ace 11am-12pm	Victorious Secret 11am-12pm	Grinder 11am-12pm
Kiss My Ace 6-7pm	The Impossible 6:30-7:30pm	Heartbreakers 6-7pm	Hot Shots 6-7pm			
Grinder 7-8pm	Slice and Dice 7:30-8:30pm	Victorious Secret 7-8pm	The Impossible 7-8pm			

CLINIC INFO

Baby Got Backhand

We like big backhands and we cannot lie! Why run around it, don't deny. Hit with confidence, and let it fly! Baby got backhand. (mic drop)

Double Trouble

For your opponents, that is! No matter your level, moving together, court positioning, formations and strategies can all up your doubles game.

Grinder

Did you know that more groundstrokes are played than any other shot? Learn to perfect the baseline rally until you are ready to go on offense and attack a weak ball.

Heart Breakers

Like any other muscle, your heart needs to work to stay strong. But it doesn't mean you have to spend hours on the treadmill. Come on out to your favorite place, the tennis court, tune in to the tunes, break your heart and a sweat.

High Five

Master the game at the net with these five shots -- low and high volleys (forehand and backhand) and overheads -- and never let your opponents break through the wall.

Hot Shots

You know those shots, the ones that earn a little fist bump? Drop shots, swing volleys, passing shots, tweeners, are all on the table. Come and explore them all. Disclaimer: you will be the envy of your teammates.

Impossible

Not for the faint of heart, Impossible is just that! Be prepared to test your stamina and be pushed out of your comfort zone by a coach-turned-drill-sergeant who will lead you through high intensity cardio and agility drills and games. This clinic is best suited for those with an established high level of cardio conditioning and intermediate tennis skills.

Kiss My Ace

That's exactly how you will feel after earning point after point on your serve. Never give points away again by mastering infallible serving techniques that will develop your weapon.

Man vs. Machine

That relentless ball machine never gets tired...will you? At this pro-led clinic, your coach will be right beside you providing feedback while you hit against the machine.

Slicing and Dicing

Force your opponents to stretch and keep their eye on the ball by treating them to slice, or backspin, on your forehand, backhand and serve.

Victorious Secret

You've heard people say it, tennis is a mental game. We all know that pressure leads to tight play, and attitude on the court can make or break a match. In this clinic the pros will put you in pressure situations to reveal your best self. Come learn this secret.