



# TENNIS UNIVERSITY

## WINTER 2021

EFFECTIVE JANUARY 4TH, 2021

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00						3.5 - 4.0 MATCH PLAY	
9:30		GROOVE YOUR STROKES					GROOVE YOUR STROKES
10:00	SERVE & RETURN			TRANSITION VOLLEY	DOUBLES STRATEGIES	3.0 - 3.5 MATCH PLAY	
10:30							GROUND STROKES
11:00	DOUBLES STRATEGIES			SERVE & VOLLEY			
12:00			GROUND STROKES				
1:00			SERVE & RETURN				
5:00		GROOVE YOUR STROKES					
5:30					DOUBLES STRATEGIES		
6:00				SERVE & RETURN			

**CLINICS SUBJECT TO CHANGE | ALL CLINICS 1 HOUR UNLESS NOTED**

**All Clinics:** \$30 per player | Included in the Flextime membership

**Clinic Reservations:** Call: (978) 831-1200 | Text: (978) 254-1983 | Email: [flextime@thoreau.com](mailto:flextime@thoreau.com)

**Hours:** Mon - Fri 8:00 AM - 6:00 PM | Sat - Sun 8:00 AM - 1:00 PM

**Advance Booking 6-48 hours prior to Clinic**

## CHAMPS OF THE COURT

Challenge yourself while playing your favorite traditional tennis games. Learn to apply your skills from games into real match situations with the help of our pros. King of the court sessions are a great environment for working on technical skills while also getting point experience.

## TACTICS

In singles and doubles shot selection can be one of the toughest parts of the game. Learn to make accurate split-second decisions in multiple match situations. Learn to evaluate your opponent's strengths and weaknesses to create opportunities to win matches. Tactical sessions will instill your understanding of selection, court positioning, and evaluation of your opponent.

## BALL FEEDING

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.

## DOUBLES MATCH PLAY

Our one-hour clinic focuses on match play with helpful tips from our pros to bring your doubles game to the next level. At the end of the hour the team with the most combined games will be the champions of the day.

## SERVE & RETURN

The most important shot in the game 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.

## GROUNDSTROKES

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 situational point play.

## DOUBLES STRATEGIES

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

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