

	SUN	MON	TUES	WED	THUR	FRI	SAT
9:00			3.5+ ADULT ACADEMY 9:00 - 10:30		CARDIO TENNIS 9:00 - 10:00	GROOVE YOUR STROKES 9:00 - 10:00	GROOVE YOUR STROKES 9:30 - 10:30
10:00	GROUND STROKES 10:00 - 11:00	GROOVE YOUR STROKES 10:00 - 11:00		NET PLAY TRANSITION 10:30 - 11:30	DOUBLES STRATEGY 10:00 - 11:00	GRAND SLAM 10:00 - 11:00	GROUND STROKES 10:30 - 11:30
11:00	DOUBLES STRATEGY 11:00 - 12:00	GROUND STROKES 11:00 - 12:00		SERVE AND VOLLEY 11:30 - 12:30		3.5+ ADULT ACADEMY 10:30 - 12:00	
12:00			GROUND STROKES 12:00 - 1:00		4.0 + LEVELED COED CLINIC 12:00 - 1:30		
1:00		3.5 LEVELED COED CLINIC 1:00 - 2:30	SERVE AND RETURN 1:00 - 2:00				
2:00							
6:00		GROUND STROKES 6:00 - 7:00	GROUND STROKES 6:00 - 7:00	GROUND STROKES 6:00 - 7:00	STARTERS CLINIC LEVEL 1 6:00 - 7:00		
7:00					STARTERS CLINIC LEVEL 2 7:30 - 8:30		
8:00							

**PROGRAM KEY**

- ADULT TENNIS PROGRAMS
- TENNIS UNIVERSITY

\*Registration for all Adult Tennis Programs opens 4-days prior to play. While registration for TUs opens up 48-hrs. prior\*

\* Adult Academy is by invitation only\*

\*Clinics are subject to change \*

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

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

**Register on the Club App**

**Questions:** anastasia@thoreau.com

## ADULT PROGRAMS DESCRIPTIONS

### **ADULT ACADEMY (\$50/CLINIC)**

Elite training for high performance adult players utilizing curriculum designed by our tennis pros player. Players should arrive warmed up and train like a pro! (3.5+)

### **COED INSTRUCTIONAL CLINIC**

(MEMBERS \$50/CLINIC | FLEXTIME \$30/CLINIC)

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

### **CARDIO TENNIS (\$35/CLINIC)**

Cardio Tennis is a high-energy tennis workout, featuring fast-paced drills and games choreographed to heart-pumping music. This fun and social class are for players of all ability levels to develop unique adaptive skills not easily gained through traditional.

### **STARTERS CLINIC LEVEL 1 (\$35/CLINIC)**

Classes designed for players looking to learn the beautiful 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.

### **STARTERS CLINIC: LEVEL 2 (\$35/CLINIC)**

This clinic is designed for players who are returning to the game of tennis, or are transitioning from Starters 1. You will continue to work on your fundamentals and technique of the game. You will keep the ball in play, hitting directions down the line and cross court with depth. Most of all you will continue to meet new friends and have fun while learning the game.

## TENNIS UNIVERSITY DESCRIPTIONS

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

### **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.

### **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.

### **NET PLAY 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.

### **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-change

### **SERVE & VOLLEY**

Want to win your service games without the 15 ball rallies? Learn to finish a point in 4 shots or less in our serve and volley clinic. Serve and volley is a great strategy for doubles and singles players to use. Learn to hit your spots on the serve and correct positioning in transition to the net. Finishing off points can be one of the toughest parts of tennis, but in serve and volley clinics you can add this important skill to your game.