

	SUN	MON	TUES	WED	THUR	FRI	SAT
7:00 AM							
8:00 AM			<b>CARDIO TENNIS</b> 8:00 - 9:00			<b>CARDIO TENNIS</b> 8:00 - 9:00	DOUBLES ROUND ROBIN
9:00 AM				PRO PLAY IN 8:30 - 10:00	STARTERS CLINIC 9:00 - 10:00	SPECIALTY SHOT 9:00 - 10:00	8:00-9:30 GROOVE YOUR STROKES 9:00 - 10:00
10:00 AM	GROOVE YOUR STROKES 10:00 - 11:00	GROOVE YOUR STROKES 10:00 - 11:00		DOUBLE STRATEGY 10:00 - 11:00	GROOVE YOUR STROKES 10:00 - 11:00	GRAND SLAM 10:00-11:00	TRANSITION 10:00 - 11:00
11:00 AM	DOUBLES STRATEGY 11:00 - 12:00	ADULT TENNIS ACADEMY 10:30 - 12:00	TRANSITIONS 11:00-12:00	GRAND SLAM 11:00 - 12:00		ADULT TENNIS ACADEMY 10:30-12:00	
12:00 PM		● <b>JITKA 3.5 LEVELED COED CLINIC</b> 12:00 - 1:30	GROOVE YOUR STROKES 12:00 - 1:00				
1:00 PM			SERVE & RETURN 1:00 - 2:00				
5:00 PM							
6:00 PM		GROUND STROKES 6:00 - 7:00	SPECIALTY SHOTS 6:00 - 7:00	GAMES 6:00 - 7:00			
7:00 PM						STARTERS CLINIC 6:30 - 7:30	

**PROGRAM KEY**

- ADULT TENNIS PROGRAMS
- TENNIS UNIVERSITY
- LEVELED CLINIC CONTACT PRO FOR REGISTRATION
- GROUP FITNESS CLASS

### Register on the Club App

\*Registration for all Adult Tennis Programs opens **4-days** prior to play.

\*Registration for TUs opens up **48-hrs** prior

\*Clinics are subject to change

\* All cancellations made with less than 24-hour notice will be charged the clinic fee.

### Contact Info:

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## 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 (\$35/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.

### **DOUBLES ROUND ROBIN (\$35/CLINIC)**

Leveled clinic, only by invitation from the pros in charge. 4 participants per courts. Format: 15 minute warm up, for the rest of clinic pro will set up intensive doubles and singles games.

### **STARTER CLINIC (\$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.

### **PRO PLAY IN DOUBLES (FLEXTIME \$40/CLINIC, MEMBERS \$50/CLINIC, NON-MEMBERS \$75/CLINIC LIMIT TO 3 TIMES ONLY)**

Elevate your game in doubles with our Pro Play In clinic. Join our tennis professionals for an exciting doubles match and take your skills to the next level. Whether you come with your group of three players or on your own, we'll help match you with the right players. This clinic will focus on enhancing your doubles strategy, tactics, positioning, and signaling. Get ready to compete and put your skills to the test against our pros!

## 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.

### **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.

### **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

### **SPECIALTY SHOTS**

Take your game to the next level by mastering a variety of specialty shots in this clinic. You'll learn

## GROUP FITNESS CLASS DESCRIPTIONS

### **GARDIO TENNIS**

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