

# TENNIS PROGRAMS

SCHEDULE EFFECTIVE MAY 7TH 2022

SPRING 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**Coed Instructional Clinic**  
9:00 - 10:30AM  
4+

**ADULT ACADEMY**  
9:00 - 10:30AM

**DRILL & MATCH\***  
9:00 - 10:30AM

**DRILL & MATCH\***  
10:30 - 12:00PM

**ADULT ACADEMY**  
10:30 - 12:00PM

**CARDIO TENNIS**  
11:00 - 12:00PM

**CMITA Match**  
11:00 - 5:00PM

**Coed Instructional Clinic**  
12:00 - 1:30PM  
3/3.5

**DRILL & MATCH\***  
12:00 - 1:30PM

**Coed Instructional Clinic**  
12:00 - 1:30PM  
4+

**DRILL & MATCH\***  
6:30 - 8:00PM

**CARDIO TENNIS**  
6:00 - 7:00PM

**CMITA A1 WOMEN'S PRACTICE**  
6:30 - 8:00PM

**DRILL & MATCH\***  
6:30 - 8:00PM

**CMITA MEN'S B/C PRACTICE**  
8:00 - 9:30PM

  
**The Thoreau Club**  
Where families & friends belong

\*Drill & Match are level based\*

\*\* UTR Matches Saturday/Sunday available on a week by week basis\*\*

# CLINIC DESCRIPTIONS

## ADULT ACADEMY

Join us in our Starters clinic to gain basic tennis skills to get you on the right track to playing at a high level!

## DOROTHY BRUNO HILLS(DBH)

Dorothy Bruno Hills (DBH): a women's interclub league of 18 matches (doubles play). There may be a tryout process to make a DBH team.

## CENTRAL MASS INDOOR TENNIS ASSOCIATION (CMITA)

A level-based evening/weekend men's and women's singles and doubles league.

## COED INSTRUCTIONAL 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.

## RISE & RALLY

Wake up & get moving and grooving for Rise and Rally! Practice a variety of strokes from groundstrokes, to volleys, to serving and more to start off your day.

## STARTERS

Introduction to all the basics of the game. Learning the foundational tennis skills and then adding some tricks to your set of tools.\*A 6 week commitment is required

## CARDIO TENNIS

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

### CLINICS SUBJECT TO CHANGE

Adult Academy: Email: [po@thoreau.com](mailto:po@thoreau.com)

CMITA: Email: [frank@thoreau.com](mailto:frank@thoreau.com) | DBH: Email: [adulthoodtennis@thoreau.com](mailto:adulthoodtennis@thoreau.com)

