

	SUN	MON	TUES	WED	THUR	FRI	SAT
9:00						GROUND STROKES 9:00 - 10:00	
10:00	DOUBLES STRATEGY 10:00 - 11:00	GROOVE YOUR STROKES 10:00 - 11:00			DOUBLES STRATEGY 10:00 - 11:00	GRAND SLAM 10:00 - 11:00	GROOVE YOUR STROKES 9:30 - 10:30
11:00	GROUND STROKES 11:00 - 12:00			NET PLAY TRANSITION 10:30 - 11:30			GROUND STROKES 10:30 - 11:30
12:00			GROUND STROKES 12:00 - 1:00	SERVE AND VOLLEY 11:30 - 12:30			
1:00			SERVE AND RETURN 1:00 - 2:00				
6:00		GROUND STROKES 6:00 - 7:00	GROUND STROKES 6:00 - 7:00	GROUND STROKES 6:00 - 7:00			

*All Tennis University clinics are included at no cost with Flextime membership / \$30 for regular tennis members

* Signup for all TUs opens up 48-hrs. prior to play.

For questions: anastasia@thoreau.com

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.

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.

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.

Register on the Club App

Questions: anastasia@thoreau.com

All Tennis University Clinics: \$30 per player | Included in the Flextime® membership

Clinic Reservations: Call: (978) 831-1200 | Text: (978) 254-1983 | Email: 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