



TENNIS UNIVERSITY

WINTER 2022

EFFECTIVE JANUARY 18, 2022

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00					SERVE & RETURN	GRAND SLAM	
9:30		GROOVE YOUR STROKES					GROOVE YOUR STROKES
10:00	DOUBLES STRATEGIES			NET PLAY TRANSITION VOLLEY	DOUBLES STRATEGIES	GRAND SLAM	
10:30							GROUND STROKES
11:00	DOUBLES STRATEGIES			SERVE & VOLLEY			
12:00			GROUND STROKES				
1:00			SERVE & RETURN				
5:00					DOUBLES STRATEGIES		
5:30							
6:00		GROOVE YOUR STROKES		GRAND SLAM			

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

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

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.

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.

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.

NET TRANSITION VOLLEY

Create more consistency in your game when moving forward and attacking the net! You'll learn footwork drills and coaching tips regarding stance and body movement. Our Pros will train you to take time away from the opponent on volleys to make it tougher for them to react to shots. You'll also learn the preferred depth and strength to hit shots on volleys for better results.

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-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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