

# SUMMER 2019

## Tennis University Clinics

May 25th - September 1st

All Clinics

\$25 per player

Included in the  
Flextime membership

Clinic  
Reservations

Call

(978) 831 1241

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>Ace-Breakers</b> 9:00 - 10:00	<b>Ball Feeding Frenzy</b> 9:00 - 10:00			<b>Turbo Tennis</b> 9:00 - 10:00	
<b>Ball Feeding Frenzy</b> 10:00 - 11:00	<b>Battlegrounds</b> 10:00 - 11:00	<b>Double Trouble</b> 10:00 - 11:00	<b>Turbo Tennis</b> 10:00 - 11:00	<b>Ball Feeding Frenzy</b> 10:00 - 11:00	<b>The Wall</b> 10:00 - 11:00	<b>Turbo Tennis</b> 10:00 - 11:00
						<b>The Wall</b> 11:00 - 12:00
	<b>Turbo Tennis</b> 6:00 - 7:00	<b>Double Trouble</b> 6:00 - 7:00	<b>Battlegrounds</b> 6:00 - 7:00			
<b>Ace-Breakers</b> 7:00 - 8:00	<b>The Wall</b> 7:00 - 8:00	<b>Turbo Tennis</b> 7:00 - 8:00				

# Clinic Information

## **TURBO TENNIS**

Be prepared to test your stamina and be pushed out of your comfort zone in this high intensity cardio based clinic. The drills will mimic match points that have you huffing and puffing while knowing you gave it everything you had.

## **THE WALL**

In the game of singles or doubles, being or playing against a brick wall can be quite a difficult task, and at times a true test of patience for you and your opponent. Whether you're at the net looking to seal the deal, or on the baseline just waiting for that one moment to turn defense into offense, proper understanding of technique/shot selection, court positioning, and tactics for strategy are key elements in these moments!! So, the only question is.....Can u break the wall!!!!???

## **BALL FEEDING FRENZY**

Away we go!! Be ready to move, move, and move some more!! Tennis is a game of execution and routines from the lowest to the highest levels of play. In order for automaticity to take place in one's skills, a relentless pursuit of consistency in all facets of a player must take place first!! Get ready for the frenzy as you will be tested mentally and physically by our Pro through this high repetition, ball blasting clinic!!

## **ACE-BREAKERS**

Our Serves can be the most potent shot in tennis, BUT PLAYERS BEWARE!! Lurking on the other side of your court is a well prepared, balanced Returner who's determined to successfully drive it back and keep you on your toes!! Improve upon these 2 crucial areas of the game through multiple skill building drills, efficient repetition, and applied situational-point play... Join us for the Serve and Return clinic!!

## **BATTLEGROUND**

Just how it sounds folks, Groundstrokes! Groundstrokes! Groundstrokes! Whether your sending or receiving the ball, a tennis player must adapt to different heights and flights of the bouncing ball. Technical Preparation, Movement, proper use of our "kinetic chain", and recovery are key elements to becoming a successful baseline player. Challenge yourself in multiple baseline drills and situational point play during our Groundstrokes based clinic!!

## **DOUBLE TROUBLE**

For your opponents that is!! No matter your level: Communication, cohesive movement and positioning, and understanding multiple formations for strategy can all up your doubles game.