



ADULT TENNIS CLINIC SCHEDULE

MONDAY

10:00 - 11:30 AM **Technique and Application** You will learn modern day technique. First half of clinic will go over modern day technique and second half you will learn how to apply it.

TUESDAY

10:00 - 11:30 AM **Advanced Live Ball** This is a game-based clinic that incorporates point play situations that will be sure to give you a fun workout. Best for players that are already comfortable playing points.

WEDNESDAY

9:00 - 10:30 AM **Serious Tennis with Dave** This class works on various doubles situations and will refine your ability to succeed in different situations on the doubles court.

11:00 - 12:30 PM **Tennis 101** This beginner-friendly class will go over the fundamentals at a gentle pace and work towards holding rallies from all areas of the court.

THURSDAY

11:00 - 12:30 PM **Tennis 101** This beginner-friendly class will go over the fundamentals at a gentle pace and work towards holding rallies from all areas of the court.

FRIDAY

9:00 - 10:30 AM **Serious Tennis with Dave** This class works on various doubles situations and will refine your ability to succeed in different situations on the doubles court.

12:00 - 1:30 PM **Doubles Techniques, Tactics, and Game Play!** Come out and refine your technique, tactics and overall gameplay in one clinic. This will focus on the primary concepts to achieve better results on the doubles court!

SATURDAY

9:00 - 11:00 AM **Member Drop-In** This is great for all levels and will give you fun match play against different styles of players. This is a **free** drop-in for all members.

SUNDAY

10:00 - 11:00 AM **Cardio Tennis** This is a fun workout on the tennis court and a great place for all levels of tennis. You will hit lots of tennis balls and be moving around while doing it!

11:00 - 12:00 PM **Technique Fundamentals** This class will improve your overall technique on all the major shots. It is great for beginners wanting to learn tennis strokes, as well as advanced players wanting to improve a certain shot.

PRICES

Private lessons available upon request 1 hour class – \$20 members / \$25 non-members
 Member Drop-in and Challenge Court - Free 1.5 hour class – \$25 members / \$30 non-members

Register for clinics online, in the clubhouse, or directly with Ian Chadwell at ichadwell@caclubs.com.