



ADULT TENNIS SCHEDULE

Spring 2019

effective January 7, 2019 - May 25, 2019

MONDAY

9	AM	Women's 2.5/Rookie	Ivi
10	AM	Women's 3.0+ Volleys/Poaching	Danny
11	AM	Women's 4.0 Shot of the Week	Danny

TUESDAY

9	AM	Women's 3.0 Doubles Partnership	Susan
10	AM	Women's 3.0 Shot of the Week	Susan
12	PM	Women's 3.0 Ft. 5 and 6	Ivi
7	PM	7.0 & 8.0 Mixed Doubles Strategy	Danny

WEDNESDAY

9	AM	Women's 2.5/Rookie	Ivi
9	AM	Women's Ft. 3 and Above	Susan

THURSDAY

9	AM	Co-Ed Cardio Tennis	Danny
10	AM	Women's 4.0 Overhead/Serves	Danny
7	PM	Women's 3.0 and 3.5	Danny

FRIDAY

9	AM	Co-Ed Agility Tennis	Mac
10	AM	Women's 2.5/Rookie	Ivi
11	AM	Women's Ft. 5 and Above	Susan

SATURDAY

(indoors)

8	AM	Men's 2.5/3.0	Susan
8	AM	Men's 3.5	Steph/WOT Pro
9	AM	Co-Ed 4.0	Steph/WOT Pro
9	AM	Women's 3.0	Susan
10	AM	Women's 3.0	Susan
10	AM	Women's 3.5	Steph/WOT Pro

1	PM	Women's 2.5/Rookie	Susan
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(outdoors)

3	PM	7.0 & 8.0 Mixed Doubles Strategy	Danny
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ALL CLASSES ARE 1 HOUR LONG

(SEE BACK FOR CLASS DESCRIPTIONS)

MEN'S AND WOMEN'S DRILLS

These drills require advanced registration.

Sign up in the Tennis Pro Shop.

Cancellations MUST be made 24 hrs. in advance to avoid charges.

Sign-ups are limited to a minimum of 4 players and a maximum of 6 players per class.

\$23.00 per player (additional charges apply for non-members)

Men's/Women's/2.5/Rookie

These drills are for the players that have little to no tennis experience. The drill will focus on the basic fundamentals of the game.

Women's 3.0

Flight 5 and 6

This clinic is designed for the ladies that are looking to focus on the fundamentals of each stroke a little more closely. The clinic will focus on ground strokes and net play.

Doubles Partnership

This clinic will focus on strategies for doubles partnerships. The clinic will conclude with live ball play that reinforces doubles strategies.

Shot of the Week

This clinic will instruct on a different focused shot each week, with an emphasis on correct technique and strategic use of the shot. The clinic will always conclude with live ball play that reinforces that particular shot.

Women's 3.0+ / 3.5

Flight 5 and Above

This clinic is designed for the ladies that are looking to focus on doubles drills to make sure they are stronger for their next match. The clinic will focus on ground strokes and net play and finish with a fun game!

Flight 3 and Above

This clinic is designed for the ladies that are looking to focus on all strokes with intense drilling and aggressive point play. The clinic will be fun and fast paced.

Volleys and Poaching

Get to the net and stay moving! Rush and crush the ball with some aggressive (and winning) doubles tactics. Your future doubles partner will thank you!

Men's 3.5

This fun and fast paced workout is designed to make you sweat. The drill will focus on all strokes with intense drilling and aggressive point play.

Women's 4.0

Overhead / Serves

This clinic will offer drills and tips to help with the most important shots in tennis and the most frustrating shots in tennis!

Shot of the Week

This clinic will instruct on a different focused shot each week, with an emphasis on correct technique and strategic use of the shot. The clinic will always conclude with live ball play that reinforces that particular shot.

Mixed Doubles Strategy

This clinic will instruct on shots and strategies to enhance the mixed doubles experience -- working together, winning strategies, and communication for the win!

Cardio Tennis Drills (co-ed)

These drills will be high-intensity, calorie-burning! Focus will be on the best aspects of the sport of tennis coupled with cardiovascular exercise. This is a co-ed class.

Agility Tennis Drills (co-ed)

Take your game to the next level with these drills. This is the only drill that provides footwork on / off court. Tennis agility drills involve the players' fitness and movement around the court. With multiple off court fitness progressions, we will apply body/court awareness to your tennis game! This is a co-ed class.

Sign up on
TennisDirector.com/WOT
or call
(512) 261-7222!

