

Fall/Winter Tennis Schedule-September 1, 2016 – June 1, 2017

Monday

Ladies Day (3.5+)

9:00-10:55am

Coached by Rob & George

Organized doubles and singles play for tennis members and health members.

Perform drills to improve your tennis strategy, agility and stroke development.

Tennis Members No Charge / Health Members \$30

Adult Tennis Clinic

2:00-3:25pm

Coached by Rob Kolb

For all levels. Players perform specific drills and practice games to improve strategy and stroke development.

Tennis Members No Charge / Health Members \$30

Intermediate Junior Tennis Clinic (No Clinic Dec. 19, 26 or Jan. 1)

4:30-5:55pm

Team Coached by Rob and Zack

For Players who have developed an overall game. They are starting to understand basic tactical and strategic approaches to match play. Orange, green dot balls and regular green balls are used to speed the learning process during your child's progression. The intermediate clinic prepares players for Middle School/JV Tennis.

Tennis Members No Charge / Health Members \$30 / Non-members \$35

Mixed Doubles (3.5+)

6:00-7:25pm

Coached by Jamie Hjort

Organized doubles and singles play for Tennis and Health members. Perform drills to improve strategy, agility and stroke development.

Tennis Members No Charge / Health Members and Non-members \$20

Tuesday

Little Tennis (ages 5-7)

3:45-4:25pm

Team Coached by Rob and Zack

Little Tennis is the nation's tennis equivalent to Little League Baseball, soccer or basketball. Structured program of lessons and play designed to move children quickly through the transitional stages of graduated equipment to full-court tennis. Orange and red balls are used to speed the learning process during your child's progression.

Tennis Members No Charge / Health Members \$15 / Non-members \$20.

Advanced Junior Tennis (Ages 12+)

4:30-5:55pm

Coached by Rob Kolb

Players are starting to understand basic tactical and strategic approaches to match play and are inspired to play competitively. Regular tennis balls are used. Focus is on all aspects of the game (Agility, stroke development, mental toughness and discipline)

Tennis Members No Charge / Health Members \$30

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Wednesday

Cardio Tennis 9:00-9:55am

Coached by Rob Kolb

A new fun group activity featuring drills to give players of all abilities a high energy, great cardio workout while improving skill.

Tennis Members No Charge / Health Members \$20 / Non Members \$25

Shot of the Week Clinic 12:00-12:55pm

Coached by Rob Kolb

For adults or competitive juniors. Uses drills to work on fundamentals for specific shots.

Tennis members No Charge / Health Members \$20 / Non-Members \$25

Mens Doubles and Drills 4.0+ 6:00-7:25pm

Coached by Jamie Hjort

Organized doubles with drills to improve strategy, agility and stroke development.

Tennis Members No Charge / Health and Non-Members \$20

Thursday

Adult Tennis Clinic 2:00-3:25pm

Coached by Rob & George

For all levels. Players perform specific drills and practice games to improve strategy and stroke development.

Tennis Members No Charge / Health Members \$30

Friday

Men's Day 11:00-12:25pm

Coached by Rob Kolb

Organized doubles and singles play for Tennis and Health Members. Perform drills to improve strategy, agility and stroke development.

Tennis Members No Charge / Health Members \$30

Saturday

Adult Beginner/Intermediate Tennis Clinic 2:00-3:25pm

Coached by Jamie Hjort

All levels welcome. Players perform specific drills and practice games to improve strategy and stroke development.

Tennis Members No Charge / Health Members \$30