

September 2018 Clinics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Doubles Drop In (Members Only) 9-11am
Drills, Patterns & Games 9-10am <i>with Ian</i> Cardio tennis 10-11am <i>with Ian</i>		Match Play 9-1030am	Winning Wednesdays 6-730pm	Live Ball 3.0+ 9-1030am	Serious Tennis Training 9-1030am	Doubles Drop In (Members Only) 9-11am
Drills, Patterns & Games 9-10am <i>with Fred</i> Cardio tennis 10-11am <i>with Fred</i>		Match Play 9-1030am	Winning Wednesdays 6-730pm	Live Ball 3.0+ 9-1030am	Serious Tennis Training 9-1030am	Doubles Drop In (Members Only) 9-11am
Drills, Patterns & Games 9-10am <i>with Ian</i> Cardio tennis 10-11am <i>with Ian</i>		Match Play 9-1030am	Winning Wednesdays 6-730pm	Live Ball 3.0+ 9-1030am	Serious Tennis Training 9-1030am	Doubles Drop In (Members Only) 9-11am
Drills, Patterns & Games 9-10am <i>with Fred</i> Cardio tennis 10-11am <i>with Fred</i>	Yesterday's Aces Don't Win Today's Matches	Match Play 9-1030am	Winning Wednesdays 6-730pm	Live Ball 3.0+ 9-1030am	Serious Tennis Training 9-1030am	Doubles Drop In (Members Only) 9-11am

*see reverse for more info

Class Descriptions & Time / Teaching Pro / Cost \$

Weekly Clinics

Match Play Tuesday 9:00-10:30am

Join this clinic if you are looking for pointers as you play. Our Pro will help with decision making during match play.

Teaching Pro: Fred C.

Cost: \$15

Winning Wednesdays 6:00-7:30pm

Join us and explore winning doubles strategies and tactics.

Teaching Pro: Fred C.

Cost: \$15

Live Ball 3.0+ Thursday 9:00-10:30am

*This drill session will focus on the use of live balls to improve baseline, midcourt and net play. **Must have a NTRP of 3.0 or higher.***

Teaching Pro: Fred C.

Cost: \$15

Serious Tennis Training Friday 8:30-10:00am

*This high energy hour and a half clinic will take you through a dynamic warm-up followed by fast paced drills. There will be less focus on technique and more focus on active drills. **Must have a NTRP of 3.5 or higher.***

Teaching Pro: Dave M.

Cost: \$20

Mixed Doubles Drop-in Saturday 9:00-11:00am

Join us for this Saturday morning social. A professional will be there to help with the organization, give pointers or jump in to play as needed.

Teaching Pro: Fred C.

Cost: FREE

Drills, Patterns & Games Sunday 9:00-10:00am

Every week our professional will cover specific play patterns. Drills & games will be used to improve execution of patterns.

Teaching Pro: Fred C. or Ian C.

Cost: \$10 (Max 8 participants)
first come first serve

Cardio Tennis Sunday 10:00-11:00am

Cardio Tennis is a fun group activity featuring drills and games to give players of all abilities an ultimate, high energy workout. Come get a great cardio workout while improving your skills (and it's more fun than any treadmill...).

Teaching Pro: Fred C. or Ian C.

Cost: \$10 (Max 8 participants)
first come first serve

Please note that all weekly clinics welcome all levels of play unless noted in the description.

We reserve the right to cancel any clinic with fewer than 4 participants.

If fewer than 4 players are present they will be given the option of continuing at a lesson rate of \$60/hr.

Non-Members will be charge an extra \$5 per clinic

for any questions or comments please contact our Tennis Director, Fred Charlebois at: fcharlebois@caclubs.com or 831-438-1072