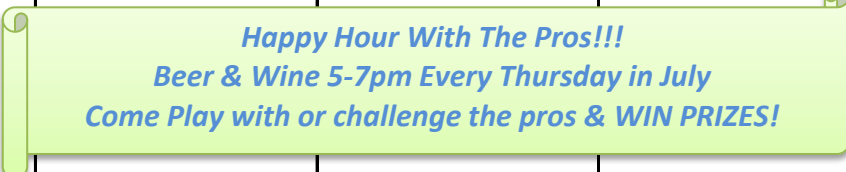








LAMADRONA  
ATHLETIC CLUB

# July 2016

## Adult Tennis Clinic Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 <i>Serious Tennis Training</i>	2 <i>Doubles Drop In (Members Only)</i>	3 <i>Stroke of the week; Return of Serve</i>  <i>Cardio tennis</i>
4 	5 <i>Footwork &amp; Fundamentals</i>	6 <i>Winning Wednesdays</i>	7 <i>Strokes &amp; Strategies</i>	8 <i>Serious Tennis Training</i>	9 <i>Doubles Drop In (Members Only)</i>	10 <i>Stroke of the week; Spin Serve</i>  <i>Cardio tennis</i>
11	12 <i>Footwork &amp; Fundamentals</i>	13 <i>Winning Wednesdays</i>	14 <i>Strokes &amp; Strategies</i>	15 <i>Serious Tennis Training</i>	16 <i>Doubles Drop In (Members Only)</i>	17 <i>Stroke of the week; Approach Shots</i>  <i>Cardio tennis</i>
18 	19 <i>Footwork &amp; Fundamentals</i>	20 <i>Winning Wednesdays</i>	21 <i>Strokes &amp; Strategies</i>	22 <i>Serious Tennis Training</i>	23 <i>Doubles Drop In (Members Only)</i>	24 <i>Stroke of the week; Overheads</i>  <i>Cardio tennis</i>
25	26 <i>Footwork &amp; Fundamentals</i>	27 <i>Winning Wednesdays</i>	28 <i>Strokes &amp; Strategies</i>	29 <i>Serious Tennis Training</i>	30 <i>Doubles Drop In (Members Only)</i>	31 <i>Stroke of the week; Volley Footwork</i>  <i>Cardio tennis</i>
						

## *Class Descriptions & Time/Teaching Pro/ Cost \$*

<b>Footwork &amp; Fundamentals 8:45-10:00am:</b>	Teaching Pro:	Kent N.	
<i>This clinic emphasizes the importance of footwork and fundamentals through drills and situations.</i>			<b>Cost: \$15</b>
<b>Winning Wednesdays 6:00-7:30pm:</b>	Teaching Pro:	Fred C.	
<i>Join us and explore winning doubles strategies and tactics.</i>			<b>Cost: \$15</b>
<b>Strokes &amp; Strategies 8:45-10:00am</b>	Teaching Pro:	Kent N.	
<i>This drill session will focus on the use of the correct stroke to execute different baseline, midcourt and net strategies.</i>			<b>Cost: \$15</b>
<b>Serious Tennis Training 8:30-10:00am:</b>	Teaching Pro:	Dave M.	
<i>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.</i>			<b>Cost: \$20</b>
<b>Mixed Doubles Drop-in 9:00-11:00am:</b>	Teaching Pro:	Fred C.	
<i>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.</i>			<b>Cost: FREE</b>
<b>Stroke Of The Week 9:00-10:00am:</b>	Teaching Pro:	Fred C.	
<i>Every week our professional will cover specific technical topics. Drills will be used to practice and improve the stroke of the week.</i>			<b>Cost: \$10</b>
<b>Cardio Tennis 10:00-11:00am:</b>	Teaching Pro:	Fred C.	
<i>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...).</i>			<b>Cost: \$10</b>

***Please note that all clinics welcome all levels except for Serious Tennis Training (3.5+)***

***No need to sign up in advance. Just Show Up!***

***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](mailto:fcharlebois@caclubs.com) or 831-438-1072**