




April 2017 Clinics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Doubles Drop In (Members Only) 9-11am
Stroke of the week; Groundstrokes 9-10am Cardio tennis 10-11am		Footwork & Fundamentals 9-1015am USTA Practice Night - Singles 6-8pm	Winning Wednesdays 6-730pm	Strokes & Strategies 9-1015am USTA Practice Night - Doubles 6-8pm	Serious Tennis Training 9-1030am	Doubles Drop In (Members Only) 9-11am
Stroke of the week; No Man's land Volley 9-10am Cardio tennis 10-11am		Footwork & Fundamentals 9-1015am USTA Practice Night - Singles 6-8pm	Winning Wednesdays 6-730pm	Strokes & Strategies 9-1015am Men's Night 6-8pm	Serious Tennis Training 9-1030am	Doubles Drop In (Members Only) 9-11am
Stroke of the week; Serve Singles vs Doubles 9-10am Cardio tennis 10-11am		Footwork & Fundamentals 9-1015am Footwork Mastery 6-8pm	Winning Wednesdays 6-730pm	Strokes & Strategies 9-1015am USTA Practice Night - Doubles 6-8pm	Serious Tennis Training 9-1030am Ladies morning 	Doubles Drop In (Members Only) 9-11am
Stroke of the week; Return Singles vs Doubles 9-10am Cardio tennis 10-11am	Using your Forehand to Dominate 6-730pm	Footwork & Fundamentals 9-1015am USTA Practice Night - Singles 6-8pm	Winning Wednesdays 6-730pm			

*see reverse for more info

Class Descriptions & Time / Teaching Pro / Cost \$

Weekly Clinics

Footwork & Fundamentals Tuesday 9:00-10:15am

Teaching Pro: Fred C.

This clinic emphasizes the importance of footwork and fundamentals through drills and situations.

Cost: \$15

Winning Wednesdays 6:00-7:30pm

Teaching Pro: Fred C.

Join us and explore winning doubles strategies and tactics.

Cost: \$15

Strokes & Strategies Thursday 9:00-10:15am

Teaching Pro: Fred C.

This drill session will focus on the use of the correct stroke to execute different baseline, midcourt and net strategies.

Cost: \$15

Serious Tennis Training Friday 9:00-10:30am

Teaching Pro: Dave M.

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.

Cost: \$20

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

Teaching Pro: Fred C.

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.

Cost: FREE

Stroke Of The Week Sunday 9:00-10:00am

Teaching Pro: Fred C.

Every week our professional will cover specific technical topics. Drills will be used to practice and improve the stroke of the week.

Cost: \$10

Cardio Tennis Sunday 10:00-11:00am

Teaching Pro: Fred C.

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...).

Cost: \$10

Specialty Clinics

(must register online or with our front desk, see clinic flyer for more details)

Using your Forehand to dominate -Monday May 29th 6-730pm

Teaching Pro: Ian C.

Through dead ball and Live ball drills, come learn how to use your forehand to destabilize your opponent.

Cost: \$20 (Max 6 participants)

Footwork Mastery- Tuesday May 23 6-8pm

Teaching Pro: Fred C.

Want to improve your footwork and move like the Pros? This is where you need to be...

Cost: \$25(Max 16 participants)

Ladies Morning, Men's Night & USTA Practice night - Join one of our pros for some fun tennis and refreshments.

Cost: \$15 (Min 8 participants)

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

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