

August 2017 Clinics

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Footwork & Fundamentals 9-1015am	Winning Wednesdays 6-730pm	Strokes & Strategies 9-1015am	Serious Tennis Training 9-1030am	Doubles Drop In (Members Only) 9-11am
Stroke of the week; Groundstrokes 9-10am Cardio tennis 10-11am		Footwork & Fundamentals 9-1015am	Winning Wednesdays 6-730pm	Strokes & Strategies 9-1015am	Serious Tennis Training 9-1030am	Doubles Drop In (Members Only) 9-11am
Stroke of the week; Overhead 9-10am Cardio tennis 10-11am		Footwork & Fundamentals 845-10am	Winning Wednesdays 6-730pm	Strokes & Strategies 845-10am	Serious Tennis Training 830-10am	Doubles Drop In (Members Only) 9-11am
Stroke of the week; Return of Serve 9-10am Cardio tennis 10-11am		Footwork & Fundamentals 845-10am Hit & Sip 6 to 8pm	Winning Wednesdays 6-730pm	Strokes & Strategies 845-10am Hit & Sip 6 to 8pm	Serious Tennis Training 830-10am	No Drop In
Stroke of the week; Lobs 9-10am Cardio tennis 10-11am		Footwork & Fundamentals 845-10am	Winning Wednesdays 6-730pm	Strokes & Strategies 845-10am		

Court Resurfacing

*see reverse for more info

Class Descriptions & Time / Teaching Pro / Cost \$

Weekly Clinics

Footwork & Fundamentals Tuesday 8:45-10:00am	Teaching Pro: Fred C.	
<i>This clinic emphasizes the importance of footwork and fundamentals through drills and situations.</i>		Cost: \$15
Winning Wednesdays 6:00-7:30pm	Teaching Pro: Fred C.	
<i>Join us and explore winning doubles strategies and tactics.</i>		Cost: \$15
Strokes & Strategies Thursday 8:45-10:00am	Teaching Pro: Fred C.	
<i>This drill session will focus on the use of the correct stroke to execute different baseline, midcourt and net strategies.</i>		Cost: \$15
Serious Tennis Training Friday 8:30-10:00am	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>		Cost: \$20
Mixed Doubles Drop-in Saturday 9:00-11:00am	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>		Cost: FREE
Stroke Of The Week Sunday 9:00-10:00am	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>		Cost: \$10
Cardio Tennis Sunday 10:00-11:00am	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>		Cost: \$10

Specialty Clinics

(must register online or with our front desk)

Hit & Sip - Join one of our pros for some fun tennis, games and refreshments. **Cost: Free**

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