


August 2019 Clinics

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|---|--|---|
| | | | | 1 <i>Live Ball 3.0+</i> 9-1030am | 2 <i>Serious Tennis Training</i> 9-1030am | 3 <i>Doubles Drop In (Members Only)</i> 9-11am |
| 4 <i>Drills, Patterns & Games</i> 9-10am <i>Cardio tennis</i> 10-11am | 5 | 6 <i>Match Play</i> 9-1030am | 7 <i>Winning Wednesdays</i> 6-730pm | 8 <i>Live Ball 3.0+</i> 9-1030am | 9 <i>Serious Tennis Training</i> 9-1030am | 10 <i>Doubles Drop In (Members Only)</i> 9-11am |
| 11 <i>Drills, Patterns & Games</i> 9-10am <i>Cardio tennis</i> 10-11am | 12 | 13 <i>Match Play</i> 9-1030am | 14 <i>Winning Wednesdays</i> 6-730pm | 15 <i>Live Ball 3.0+</i> 9-1030am | 16 <i>Serious Tennis Training</i> 9-1030am | 17 <i>Doubles Drop In (Members Only)</i> 9-11am |
| 18 <i>Drills, Patterns & Games</i> 9-10am <i>Cardio tennis</i> 10-11am | 19 | 20 <i>Match Play</i> 9-1030am <i>Modern Fundamentals Group Lesson</i> 7-8pm Week 1of4 | 21 <i>Winning Wednesdays</i> 6-730pm | 22 <i>Live Ball 3.0+</i> 9-1030am | 23 <i>Serious Tennis Training</i> 9-1030am | 24 <i>Doubles Drop In (Members Only)</i> 9-11am |
| 25 <i>Drills, Patterns & Games</i> 9-10am <i>Cardio tennis</i> 10-11am | 26  Start of US OPEN! | 27 <i>Match Play</i> 9-1030am <i>Modern Fundamentals Group Lesson</i> 7-8pm Week 2of4 | 28 <i>Winning Wednesdays</i> 6-730pm | 29 <i>Live Ball 3.0+</i> 9-1030am | 30 <i>Serious Tennis Training</i> 9-1030am | 31 <i>Doubles Drop In (Members Only)</i> 9-11am |

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: Dave M

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 9:00-10:30am

*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: Pro On Site

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: Ian C. or Fred 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: Ian C. or Fred C.

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

Specialty Clinics

Modern Fundamentals- Tuesdays 7-8pm

Want to get into or get back into tennis. This is the place to learn all about the modern fundamentals of tennis. The four hour group lesson will provide a chance to learn all the basics about every tennis stroke.

Teaching Pro: Fred C.

Cost: \$50(Max 10 participants)

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