



# ADULT TENNIS CLINIC SCHEDULE

## Daily 3.0-3.5/Intermediate Clinics

This daily clinic focuses on the fundamentals of the game and develops stroke techniques, rallying and match play.

Monday thru Sunday  
Mornings: 9am-10am & 10am-11am  
Afternoon: 2pm-3pm  
Members: \$20      Guests: \$30

## TENNIS 101 & 201

Designed for beginner adults, this series will provide you with the basic skills and knowledge to move forward with confidence in our tennis programs.

Wednesdays & Fridays:  
TENNIS 101: 10am-11am  
TENNIS 201: 11am-12pm  
Members: \$20      Guests: \$30

## Cardio Tennis

Looking for an amazing workout? Cardio Tennis is a fun, sociable group fitness class set on a tennis court and open to all levels. In fact, NO TENNIS EXPERIENCE IS REQUIRED! Most people average over 600 calories burned in one hour!

Tuesdays & Thursdays:  
1pm -2pm  
Members: \$20      Guests: \$30

## 4.0+/Advanced Clinic

This energetic 90 minute session is set to music and comprised of drilling, strategy and point play situations.

Wednesdays:  
6pm - 7:30pm  
Members: \$25.      Guests: \$45.

*Sign up for clinics at the Tennis Pro Shop!*

For more information contact:

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