Adult Program Descriptions

**Morning Drill Beg/Adv Beg**- This class introduces adults to tennis by teaching the rules of game and the fundamentals for all strokes: grip, spin, stroke technique and ball placement.

**Morning Drill Int/Adv**- This class is for players who have mastered the strokes in tennis and can keep a consistent rally. All sessions will incorporate warm ups for stroke specific drills, live ball patterns and match situations.

**Lunch and Drill Beginner/Advanced Beginner**- Join us for a mid-day session during your lunch hour! This class is for someone new to the game or still learning how to keep the ball in play. Each stroke will be covered in the class. Open to ages 18 and up, participants can expect to hit a lot of balls with high repetition to improve their game.

**Lunch and Drill Intermediate/Advanced**- Join us for a mid-day session during your lunch hour! In this class, our staff professionals will combine live ball drills with situational point play. Open to ages 18 and up.

**Adult Advanced Clinic**- This class provides advanced level players a chance to combine instruction and drills specifically designed for doubles with actual match competition. One hour of instruction and one hour of point play.

**Adult Beginner Clinic**- This class introduces adults new to tennis and looking to learn the fundamental strokes and footwork. Participants will learn all the strokes in tennis and how to rally with a partner.

**Adult Advanced Beginner Clinic**- This class is for players who are able to make contact with the ball and are familiar with the basic tennis strokes. Participants will learn how to hit the ball with control to improve their shot placement and keep the ball in play.

**Adult Intermediate Clinic**- The intermediate clinic is for players who want to improve their overall game. The clinic will reinforce the proper techniques and introduce players to match play situations in singles and doubles.

**Point Play**- Each clinic focuses on a specific part singles or doubles tactics and strategy. One of our Tennis Staff Professionals will lead the games and set up match play, giving tips and strategies in between play.

**Weekend Advanced Clinic**- This clinic is for competitive players who have established their game and looking for a fun, competitive atmosphere playing against equally leveled players. Emphasis will be placed on point play, court positioning and shot selection in singles and doubles. Open to USTA ratings 4.0 and above.

**Cardio Tennis**- Cardio Tennis is a fun, “heart pumping” group activity featuring drills to give players of all abilities an ultimate, high energy workout. The focus is to burn calories, there is no tennis instruction provided.