

Fall Tennis Clinics

CARDIO TENNIS

Mondays 9am - 10am

High energy tennis fitness class that provides a great aerobic workout!

All Levels

\$20 members/\$30 non-members

Instructor: Rafa Cirne Lima

MORNING PRACTICE

Wednesday 7am – 8am

Levels 3.0 +

\$25 members/\$35 non members

Instructor: Morten & Peter

JUST 4 WOMEN

Fridays 12pm - 1:30pm

Start with 60 minutes of stroke technique and doubles instruction.

Then, test your skills with 30 minutes of play!

Levels 2.5 - 3.5 (ladies only)

\$25 members/\$35 non members

Instructor: Peter Benko

READY 2 START

Monday 730pm

Clinic for our members who have one to three years of experience! Learn all the shots and how to get your game going!

\$25 members/\$35 non members

Instructor: Rafa Cirne Lima

ACE SERVE CLINIC

Mondays 11am-11:30am

Focus on serves, warm-up/serving techniques and drills. Exercises for strengthening shoulder and service motions.

\$15 members/\$25 non members

Instructor: Morten Christensen

NEVER 2 LATE

Thursday 11am-12:30pm

For all of you who have played tennis 10+ years but are home schooled. Get some tips to help your individual strokes get even better!

Groundstrokes, volleys, and serves

Levels 3.0-4.5

\$30 members/\$40 non members

Instructor: Morten Christensen

TENNIS WORKSHOP

Tuesday 9am-10:30am

A specific clinic that focuses on different themes. We will go deep into techniques with

Groundstrokes

Serve/Volley

Footwork

Levels 3.5-5.0

\$30 members/\$40 non members

Instructor: Morten Christensen



