



complimentary tennis clinics & drills

MIXERS | DRILLS | CLINICS | BOOKING

DAY	CLASS	LEVEL	COURT	TIME	PRO
SUNDAY	MORNING MIXER	3.0+	HARD COURTS 9 – 17	10 am - 12 pm	RACHEL
	NET (No Experience Tennis)	BEGINNER	HARD COURT 9	1 – 2 pm	LESLIE
MONDAY	NET (No Experience Tennis)	BEGINNER	HARD COURT 9	11 am – 12 pm	EVGHENII
	NET (No Experience Tennis)	BEGINNER	CLAY COURT 1	7 – 8 pm	PHILIP
TUESDAY	CARDIO TENNIS	OPEN	INDOOR COURT 2	6 – 7 am	PHILIP
	NET (No Experience Tennis)	BEGINNER	HARD COURT 9	11 am – 12 pm	CESAR
	DOUBLES STROKE & STRATEGY	3.5	HARD COURTS 1 – 2	1 – 2 pm	REX
WEDNESDAY	DOUBLES CLINIC	BEGINNER	HARD COURT 9	10 – 11 am	JIM
THURSDAY	NET (No Experience Tennis)	BEGINNER	HARD COURT 9	12 – 1 pm	KOKO
	SENIOR MIXER (65+)	OPEN	INDOOR COURTS 1 – 4	2 – 4 pm	JIM
	CARDIO TENNIS	OPEN	CLAY COURTS 3 – 4	7 – 8 pm	LESLIE
FRIDAY	CARDIO TENNIS	OPEN	HARD COURTS 12 – 13	9 – 10 am	PHILIP
	NET (No Experience Tennis)	BEGINNER	HARD COURT 9	10 – 11 am	JIM
	MARGARITA MIXER	3.0+	HARD COURTS 9 – 17	7 – 9 pm	RACHEL
SATURDAY	DROP-IN DRILLS	OPEN	CLAY COURTS 1 – 6	10 – 11:30 am	VARIOUS
	NET (No Experience Tennis)	BEGINNER	HARD COURT 15	10 – 11 am	JP

ADULTS

DAY	CLASS	AGE	COURT	TIME	PRO
TUESDAY	MOM & ME	3 – 5	INDOOR COURT 1	4 – 4:30 pm	RACHEL
THURSDAY	MOM & ME	3 – 5	SPORTS ZONE	3 – 3:30 pm	RACHEL
FRIDAY	BEGINNER CLINIC	6 – 10	HARD COURT 5	4 – 4:45 pm	PHILIP
	BEGINNER CLINIC	11 – 15	HARD COURT 5	4:45 – 5:30 pm	PHILIP
SATURDAY	BEGINNER CLINIC	6+	BALL MACHINE LANE	11 am – 12 pm	JP

CHILDREN

CLINIC & DRILL DESCRIPTIONS

Adults

BEGINNER CLINIC

Best for those new to tennis. Learn the game of tennis through shot technique, rally consistency and beginning point strategy.

BEGINNER DOUBLES CLINIC

Focus on doubles strategy with drills, games and point-play.

CARDIO TENNIS

This high-energy fitness activity is welcome to all levels as it combines the best features of tennis with cardiovascular exercise.

DOUBLES STROKE & STRATEGY

Advanced players are invited to work on shot selection, competitive point development, agility and doubles strategy.

DROP-IN DRILLS

Drills include feeding balls on all strokes with movement and 20 minutes of game play.

MIXERS

For casual, non-competitive game play, come mingle with other players over margaritas on Friday and muffins and orange juice on Sunday.

*Mixers do not take place on tournament weekends or in weather under 50°.

SENIOR MIXER PLAY (AGES 65+)

This indoor social league is for all senior-age tennis members.

Children

BEGINNER CLINIC (AGES 6+)

This clinic uses age-appropriate equipment and games to perfect technique, placement and movement in this introduction to tennis.

MOM & ME (AGES 3-5)

Join us as we introduce your little one to tennis stroke technique and movement with age-appropriate equipment and games.

LEVEL / ABILITY DESCRIPTIONS

1.6 – 2.0 / BEGINNER

Played very little or no tennis and needs instruction on the basics.

2.1 – 3.0 / ADVANCED BEGINNER OR LOWER INTERMEDIATE

Has consistency in ground strokes and net play. Working on basic tactics.

3.1 – 3.5 / INTERMEDIATE OR B-LEVEL

Consistent player, but lacks control when applying power. Working on a variety of paces and spin.

3.6 – 4.0 / ADVANCED INTERMEDIATE OR A-LEVEL

Developing all shots with power and spin, and is usually in position.

4.1 – 4.5 / ADVANCED

Has the power and agility to cover entire court with ease.