



# tennis clinics & drills

MIXERS | DRILLS | CLINICS | BOOKING

| DAY       | CLASS                      | LEVEL    | TIME           | ADULTS |
|-----------|----------------------------|----------|----------------|--------|
| SUNDAY    | SOCIAL MIXER               | 3.5+     | 10 am – 12 pm  |        |
| MONDAY    | NET (No Experience Tennis) | BEGINNER | 7 – 8 pm       |        |
| TUESDAY   | CARDIO TENNIS*             | 3.5+     | 6 – 7 am       |        |
|           | DOUBLES STROKE & STRATEGY* | 3.5      | 1 – 2 pm       |        |
| WEDNESDAY | DOUBLES STROKE & STRATEGY* | 3.0+     | 10 – 11 am     |        |
|           | DROP-IN DRILLS             | 3.5+     | 7 – 8:30 pm    |        |
| THURSDAY  | CARDIO TENNIS              | 3.5+     | 7 – 8 pm       |        |
| FRIDAY    | CARDIO TENNIS*             | 3.5+     | 9 – 10 am      |        |
|           | NET (No Experience Tennis) | BEGINNER | 10 – 11 am     |        |
| SATURDAY  | SOCIAL MIXER               | 3.5+     | 7 – 9 pm       |        |
|           | DROP-IN DRILLS*            | 3.5+     | 10 – 11:30 am  |        |
|           | NET (No Experience Tennis) | BEGINNER | 1:30 – 2:30 pm |        |

  

| DAY      | CLASS           | AGE     | TIME           | CHILDREN |
|----------|-----------------|---------|----------------|----------|
| TUESDAY  | MOM & ME        | 3 – 5   | 4 – 4:30 pm    |          |
| SATURDAY | BEGINNER CLINIC | 6 – 10  | 2:30 – 3:15 pm |          |
|          | BEGINNER CLINIC | 11 – 15 | 3:15 – 4 pm    |          |

\*While most of our offerings are complimentary, noted clinics and drills are \$10. See back for more information.

## 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.



## BOOKING TENNIS COURTS & THE BALL MACHINE

### Outdoor Courts

Complimentary  
Courts may be booked  
up to 15 minutes prior  
to play time.

### Indoor Courts

\$12 per hour, per court  
May be reserved up to 72 hours  
in advance. 24 hour cancellation  
notice required.

### Ball Machine

Complimentary  
May be reserved up to 72 hours  
in advance for a maximum of 60  
minutes per day, per membership.

### Block Time (indoor only)

\$20 per hour, per court  
Members may reserve indoor  
courts for a recurring block of time  
for a minimum of 3 hours per block.

## PRIVATE TENNIS INSTRUCTION

Westside provides complimentary tennis evaluation to assess your level of play. This is important to identify various classes, clinics, leagues and tournaments in which you are eligible to participate. Our professional tennis staff offers private and semi-private instruction in an individual or group format. Lessons are available for members only, and members must form their own groups.

Note: Cancellations must be made at least 24 hours in advance.  
Call the front desk to schedule your evaluation and private instruction.

713.783.1630

Tennis Evaluation (20 min): FREE

Private Lesson (30 min): \$45 per session

Private Lesson (60 min): \$80 per session

Semi-private Lesson (60 min): \$45 per session

Group of 3 (60 min): \$35 per person, per session

Group of 4 (60 min): \$30 per person, per session

Group of 5+ (60 min): \$25 per person, per session

## 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.

## INTRACLUB LEAGUES

### MEN'S INTRACLUB

Saturdays at 8 am (B level) and 11:30 am (A level); \$35/season

Includes tennis balls, outdoor block time, an end-of-season party and Club Westside IntraClub Champions t-shirts for the winning team.

### LADIES' MORNING INTRACLUB

Fridays at 9:30 am; \$30/season

Includes tennis balls, an end-of-season luncheon and Club Westside IntraClub Champions t-shirts for the winning team.

### LADIES' EVENING INTRACLUB

Mondays at 6:30 pm; \$30/season

Two lines of play. Includes tennis balls, outdoor block time, an end-of-season social and Club Westside IntraClub Champions t-shirts for the winning team.

### LADIES' DROP-IN LEAGUE

Tuesdays from 9–11 am; \$50/season

Includes tennis balls, fun match play, weekly round-robins and an end-of-season luncheon. All levels welcome.

### SENIOR LADIES' INDOOR SOCIAL LEAGUE

Tuesdays from 2–4 pm; \$40/season

Includes tennis balls, indoor courts and an end-of-season luncheon.