# ADULT TENNIS PROGRAMS at Southern Trace Country Club



## Tennis 201

## Mondays 7:00-8:00pm, Fridays 11:00am-12:00pm

Designed for the player who is returning to the game or is a Tennis 101 graduate, this weekly clinic will give you the basic fundamentals of the game.

Pricing: \$24/player

## Liveball (2.5+)

#### Saturdays 9:00-10:30am

High intensity doubles matchplay clinic, centered around live ball point play rotations and doubles strategy.

Pricing: \$36/player

## Liveball (3.0+)

## Thursdays 6:30-8:00pm

High intensity doubles matchplay clinic, centered around live ball point play rotations and doubles strategy.

Pricing: \$36/player

# Liveball (3.5+)

# Wednesdays 6:30-8:00pm, Saturdays 9:00-10:30am

High intensity doubles matchplay clinic, centered around live ball point play rotations and doubles strategy.

Pricing: \$36/player

# Open Clinic (All Levels)

## Mondays & Wednesdays 9:00-10:30am, Tuesdays 6:00-7:30pm, Sundays 1-2:30pm

An energetic 90 minute session of drilling, strategy, and point play. *Pricing:* \$36/player

## **Cardio Tennis**

#### Mondays 6:00-7:00pm, Fridays 10:00-11:00am, Saturdays 8:00-9:00am

Take your cardio routine out of the gym and on to the tennis court! Cardio Tennis is designed to give you a complete cardio workout.

Pricing: \$24/player

### Shot of the Week

#### Thursdays 9:00-10:30am

Each week we will be breaking down the fundamentals of a tennis stroke in class. Classes will be geared towards improving volleys, groundstrokes, serves, returns and new shot selections! Pricing: \$36/player

Register On:





