ADULT TENNIS PROGRAMS at Southern Trace Country Club



Tennis 201

SCAN ME

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: \$19/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: \$28/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: \$28/player

Open Clinic (All Levels)

Mondays & Wednesdays 9:00–10:30am, Tuesdays 6:00–7:30pm

Thursdays 6:30–8:00pm An energetic 90 minute session of drilling, strategy, and point play. *Pricing: \$28/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: \$19/player

Register On:



