

# ADULT TENNIS PROGRAMS

at Southern Trace Country Club



**INQUIRE  
HERE**



SCAN ME

## 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: \$26/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: \$39/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: \$39/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: \$39/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: \$39/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: \$26/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: \$39/player

Register On:



For more information, please contact the Director of Racquets, Matthew Coerver at 513-405-8935 or m.coerver@cliffdrysdale.com.

[www.tracetennis.com](http://www.tracetennis.com)



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