



2017 - Adult Weekly Tennis

Cardio Tennis with TRX

A continuous cardio workout open to all, with on court hitting drills and fitness exercises guaranteed to get your heart rate up! Our professional TRX suspension trainers provide tennis specific exercises to benefit your overall game and fitness.

When: Saturday, 8:00 - 9:00am (starts 5/28)

Cost: \$25

Advanced Ladies Drills and Play

A clinic designed for the advanced player looking to hone their skills in a college style drill program. Play to follow clinic.

When: Wednesday, 8:30am - 10:30am (starts 5/31)

Cost: \$35 or 2 hour clinic pack pricing

Intermediate Ladies Drills and Play - An opportunity for 3.0 - 3.5 level players to work on skills, strategy and correct court positioning. Play to follow clinic.

When: Friday, 9:30 - 11:30am (start 5/26)

Cost: \$35 or 2 hour clinic pack pricing

Mixed Drills and Thrills -

Mixed drills will be open to all intermediate and advanced men and women. Look for fun, fast paced drills followed by play.

When: Sun, 1:00 - 3:00pm (start 4/1)

Cost: \$35 or 2 hour clinic pack pricing

Advanced Beginner Clinic

We will work on the basics which will include stroke skills, footwork, court position and match play. An opportunity to stay and play after clinic included in pricing.

When: Tuesday 8:00 - 10:00am (starts 6.6) and Sunday, 3:00 - 5:00pm (starts 4.23)

Cost: \$35 per clinic or 2 hour clinic pack pricing

(2) hour clinic package = \$175 for 7 clinics to be used April 1-November 1

****Registration required 24 hrs before clinic**

****Clinic minimum (6) - you will be notified 24 hrs in advance if clinic is cancelled.**

****Call (928) 525-5225 or email nchambers@fhgc.com to register.**