



2018 - Adult Weekly Tennis PROGRAMMING

Cardio Tennis w/TRX

A cardio tennis clinic with on court hitting drills and TRX fitness exercises.

You are guaranteed to get your heart rate up, strengthen your muscles for tennis and have a good time.

When: Saturday, 8:00 - 9:00am (starts 5/26)

Cost: \$25

Advanced Clinic and Play

An clinic designed for 4.0 and above players. We will focus on an aggressive style of playing doubles, serving and volleying and more advanced doubles formations i.e. I-formation, planned poaching.

When: Tuesday, 8:30 - 10:00am (starts 5/22)

Cost: \$30

Intermediate Drills and Play

An opportunity for 3.5+- level players to work on shot making skills, strategy and correct court positioning to take their game to a more advanced level. We will work on net aggression, effective doubles formations and match play.

When: Wednesday and Friday, 9:30 - 11:00am (start 5/23)

Cost: \$30

Mixed Drills and Thrills -

Mixed drills will be open to all intermediate and advanced men and women (B and C Level).

Look for fun, fast paced drills with music and instruction all together. Match play will follow clinic.

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

Cost: \$35

Advanced Beginner Clinic

We will focus on the basic fundamentals which will include stroke skills, footwork, court position and match play.

An opportunity to stay and play after clinic included in pricing.

When: Tuesday 8:30 - 10:00am (starts 5.22)

Cost: \$30

CLINIC PACKAGE: \$175 (guests) for 7 any time clinics

****Registration required 24 hrs before clinic by emailing nchambers@fhgc.com**

Or texting (928) 225-9474