



2008 Adult Development Programs

August 2008

Adult Development Program August 4-20, 2008

New to tennis or starting back? The Adult Development Program is especially designed to introduce new players to the game and begin to build basic tennis strokes. Enjoy group lessons with our certified pros. Sessions are 3 weeks in length.

Monday & Wednesday	7:00 – 8:30 pm	\$80	424840
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Cardio Tennis Clinic	Sat & Sun	8:00 – 9:00 am	\$10
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****Intense drill session designed to keep you moving at all times. Drills are kept to 1-2 hits max with the emphasis on movement. Not for the faint of heart!!!!****

Stroke of the Day	Mon-Sun	9:00 – 10:30 am	\$15
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	Tue & Thurs	6:30 – 8:00 pm	\$15
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****90 minutes of intense live ball drills, match play, games, singles & doubles. For intermediate to advanced players****

Beginner Clinic	Sat	8:00-9:30 am	\$15
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****Tennis basics – footwork, positioning, grips, forehand, backhand, volleys, overhead, serve and return****

Advanced Clinic (NTRP 4.0+)	Mon	6:00 – 7:30 pm	\$15
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	Tue	7:30 – 9:00 am	\$15
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	Wed	7:30 – 9:00 am	\$15
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****Live ball drills created to emphasize different areas of the court (Baseline, transition, net play etc). A high level of stroke production and tactical knowledge is required.****

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