

Adult Tennis Clinics @Elmridge Tennis Club:

*All Clinics will be from 9:30am-11am on Saturday's in June, July and August.

*All levels welcome for every clinic.

June 1, 8, 15, 22, 29:

Doubles Training.

- 30 minutes of basket feeding doubles related drills. 60 minutes of doubles with continuous tips and minimum 2 rotations

July 6, 13, 20, 27:

Stroke of the week.

- First week: backhand,
- Second week: forehand,
- Third week: volley,
- Fourth week: Serve.

Set up: 40 minutes of drills, 40 minutes of match play.

August 3, 10, 17, 24, 31:

Cardio Tennis.

- 1.5 hrs of on court drills with emphasis on cardio.
- Not a competition everyone at their own pace!

Pricing:

- 10\$ per session (members)
- 15\$ per session (non-members)
- 35\$ for a 5 clinic package (members)
- 50\$ for a 5 clinic package (non-members)

For more information about the clinics and for reservation please text or call 343-543-7172 or email mark@elmridgetennis.com

