

# ADULT CLINICS SCHEDULE

## April 29th to September 30th

### MONDAY

- MITL B Team Practice 9 to 10:30am
- HV Team Practice 10:30 to 12pm

### TUESDAY

- TENNIS 101 - 9 to 10:30am - Complimentary 1st time
- Stroke of the week 10:30 to 12pm

### WEDNESDAY

- Ladies RR 9-10:30am *\*Begins late June*
- Ladies USTA Team Practice 6:30pm
- Men's Power-Drills 6:30pm / 7pm to Sundown

### THURSDAY

- Boot Camp Drill and Live Ball - 9-10:30am

### FRIDAY

- Music Offense/Defense - 9 to 10:30am

### SATURDAY

- Cardio Tennis – 8 to 9am
- Co-ed Clinic – 9 to 10:30

### SUNDAY

- Cardio Tennis – 8 to 9am
- Co-ed Clinic – 9 to 10:30
- Ladies USTA 3.0 & 2.5 Practice -10:30-12pm

### Adult Clinic Fees:

- 1 Hour Clinic: \$30
- One hour 1/2: \$45
- Special: Buy 10 clinic pack and pay 9

*For more information please contact our Tennis Director: [Martin.miedzowicz@gmail.com](mailto:Martin.miedzowicz@gmail.com)*