

# WOODSTOCK ATHLETIC CLUB TENNIS SCHEDULE – JUNE 2021

Email [athleticclub@woodstockinn.com](mailto:athleticclub@woodstockinn.com), sign up on the [Mindbody app](#), or call (802) 457-6656 to pre-register (required)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>10:00am</b> <b>PATTERNS OF PLAY</b> <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p><b>11:00am</b> <b>JUNIOR CLINICS</b> <b>7-11 y/o</b> <i>with Toby (90 min)</i> Drop in Members \$50 Non-members \$58</p> <p>4wk Session Members \$350 Non-members \$375</p> <p><b>5:00pm</b> <b>ADULT BEGINNER</b> <i>with Toby (60 min)</i> 6wk session Members \$120 Non-members \$150</p> <p><b>6:00pm</b> <b>CARDIO TENNIS</b> <i>with Toby (60 min)</i> Drop in Members \$15 Non-members \$20</p>	<p><b>10:00am</b> <b>STROKE OF THE DAY</b> <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p><b>11:00am</b> <b>JUNIOR CLINICS</b> <b>12-14y/o</b> <i>with Toby (120 min)</i> Drop in Members \$50 Non-members \$58</p> <p>4wk Session Members \$350 Non-members \$375</p>	<p><b>10:00am</b> <b>PATTERNS OF PLAY</b> <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p><b>11:00am</b> <b>JUNIOR CLINICS</b> <b>7-11 y/o</b> <i>with Toby (120 min)</i> Drop in Members \$50 Non-members \$58</p> <p>4wk Session Members \$350 Non-members \$375</p> <p><b>5:00pm</b> <b>ADULT BEGINNER</b> <i>with Toby (60 min)</i> 6wk session Members \$120 Non-members \$150</p> <p><b>6:00pm</b> <b>CARDIO TENNIS</b> <i>with Toby (60 min)</i> Drop in Members \$15 Non-members \$20</p>	<p><b>10:00am</b> <b>STROKE OF THE DAY</b> <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p><b>11:00am</b> <b>JUNIOR CLINICS</b> <b>12-14y/o</b> <i>with Toby (120 min)</i> Drop in Members \$50 Non-members \$58</p> <p>4wk Session Member \$350 Non-members \$375</p>	<p><b>9:00am</b> <b>DOUBLES PLAY</b> <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p><b>10:00am</b> <b>ADULT BEGINNER</b> <i>with Toby (60 min)</i> 6wk session Members \$120 Non-members \$150</p> <p><b>11:00am</b> <b>CARDIO TENNIS</b> <i>with Toby (60 min)</i> Drop in Members \$15 Non-members \$20</p>

**PRE-REGISTRATION REQUIRED – SOME CLASSES/CLINICS HAVE PARTICIPANT LIMITS**

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## **CARDIO TENNIS – 60 minutes – Limited to 8 participants**

You know it and you love it! This high intensity session combines drills and games to provide an opportunity to develop skills and also burn calories, all done to a heart-pounding, bass pumping playlist. (All levels) Members: \$15; Non-members \$20

## **ADULT BEGINNER (Tennis 101) – 60 minutes – Limited to 6 participants**

From zero to tennis hero? Maybe you haven't played since you were a child, or maybe you've never picked up a racquet before - come join this six-week session. Through games and drills we'll take you from a balancing a ball on your string to serving, and even score keeping. Guaranteed to be full of laughs and gasps as we miss balls in hilarious ways, and have our first rallies. 6-week session: Members \$120; Non-members \$150

## **STROKE OF THE DAY – 60 minutes – Limited to 6 participants**

This clinic will go over all of the aspects of an individual stroke. We will break down the movement into different components to understand the trajectory and shape of the racquet head. After practicing stroke production, we will introduce the tactical situations in which this stroke will be most useful. (NTRP 2.5-3.0) Members: \$20; Non-members \$30

## **PATTERNS OF PLAY- 60 minutes – Limited to 6 participants**

This clinic will go over individual patterns of play. We'll focus on how to use shot selection to keep our opponents off balance, and stay ahead in the point. (NTRP 3.5-4.0) Members: \$20; Non-members \$30

## **DOUBLES PLAY – 60 minutes – 3 participants required. We will cancel Friday evening if there are not enough signed up!**

All things doubles! We'll talk tactics, positioning, anticipating, and putting that ball away. We'll end every session with service game/match play. (NTRP 3.0+) Members: \$20; Non-members \$30

## **JUNIOR CLINICS 7-11y/o – 120 minutes – Limited to 12 participants**

Through games and drills players will learn grips, strokes, volleys, and serves. Come and get an early start in a sport that kids can play for a lifetime. Drop in: Members \$50; Non-members \$58. 4-week session: Members \$350; Non-members \$375

## **JUNIOR CLINICS 12-14y/o – 120 minutes – Limited to 12 participants**

Get ready for high school tennis. This twice a week clinic will give players a strong tennis foundation on which they can build. Drop in: Members \$50; Non-members \$58. 4-week session: Members \$350; Non-members \$375

**PLEASE CONTACT US TO BOOK 3 PLAYERS & A PRO SESSIONS,  
LESSONS, OR HITTING SESSIONS!**

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