

WOODSTOCK ATHLETIC CLUB TENNIS SCHEDULE – JULY 2021

Email 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>10:00am PATTERNS OF PLAY <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p>11:00am JUNIOR CLINICS 7-11 y/o <i>with Toby (120 min)</i> Drop-in single session: Members \$50 Non-members \$58</p> <p>Or both sessions in a week: Members \$80 Non-members \$100</p>	<p>10:00am STROKE OF THE DAY <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p>11:00am JUNIOR CLINICS 12-14y/o <i>with Toby (120 min)</i> Drop-in single session: Members \$50 Non-members \$58</p> <p>Or both sessions in a week: Members \$80 Non-members \$100</p> <p>5:00pm TEEN TENNIS <i>with Toby (90 min)</i> \$15 per person (members & non-members)</p>	<p>10:00am PATTERNS OF PLAY <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p>11:00am JUNIOR CLINICS 7-11 y/o <i>with Toby (120 min)</i> Drop-in single session: Members \$50 Non-members \$58</p> <p>Or both sessions in a week: Members \$80 Non-members \$100</p> <p>5:00pm THURSDAY NIGHT SERVE & VOLLEY <i>with Toby & Michael (120 min)</i> Free for members, Non-members pay facility rate</p>	<p>10:00am STROKE OF THE DAY <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p>11:00am JUNIOR CLINICS 12-14y/o <i>with Toby (120 min)</i> Drop-in single session: Members \$50 Non-members \$58</p> <p>Or both sessions in a week: Members \$80 Non-members \$100</p>	<p>9:00am DOUBLES PLAY <i>with Toby (60 min)</i> Members \$20 Non-members \$30</p> <p>10:00am CARDIO TENNIS <i>with Toby (60 min)</i> 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

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

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 single session: Members \$50; Non-members \$58. Both sessions in a week: Members \$80; Non-members \$100

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 single session: Members \$50; Non-members \$58. Both sessions in a week: Members \$80; Non-members \$100

TEEN TENNIS – 90 minutes – Limited to 20 participants

Drills, skills, court games, and match play session every Wednesday night at the club, for teenage players looking to keep their skills sharp during the summer. Drop-in rate \$15 per person (members & non-members)

THURSDAY NIGHT SERVE & VOLLEY – 120 minutes – Limited to 20 participants

Come one, come all to our Thursday Night Serve and Volley. Enjoy casual doubles match play at our weekly round robin. Challenge your friends and the Tennis Pro-staff. Keep the trash talk coming as we laugh off our mistakes and celebrate our brilliant shots. A great time will be had by all. Free for members, non-members pay facility rate.

3 PLAYERS & A PRO – 60 minutes –3 participants required

Contact us to set up a 3 players & a pro session at a time that suits you! Members: \$30 pp; Non-members: \$40 pp.

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