

WOODSTOCK ATHLETIC CLUB TENNIS SCHEDULE – OCTOBER 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
	10:00am PATTERNS OF PLAY (60 min) Members \$20 Non-members \$30	10:00am STROKE OF THE DAY (60 min) Members \$20 Non-members \$30	10:00am PATTERNS OF PLAY (60 min) Members \$20 Non-members \$30 5:00pm THURSDAY NIGHT SERVE & VOLLEY (120 min) Free for members, Non-members pay facility rate	10:00am STROKE OF THE DAY (60 min) Members \$20 Non-members \$30	9:00am DOUBLES PLAY (60 min) Members \$20 Non-members \$30 10:00am CARDIO TENNIS (60 min) Members \$15 Non-members \$20

CARDIO TENNIS – 60 minutes – Limited to 8 participants

You know it & you love it! This high intensity session combines drills & games to provide an opportunity to develop skills & 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 & 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, & 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, & putting that ball away. We'll end every session with service game/match play. (NTRP 3.0+) Members: \$20; Non-members \$30

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

Come one, come all to our Thursday Night Serve & Volley. Enjoy casual doubles match play at our weekly round robin. Challenge your friends & the Tennis Pro-staff. Keep the trash talk coming as we laugh off our mistakes & 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.

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