

# WOODSTOCK ATHLETIC CLUB TENNIS SCHEDULE – JUNE 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:00am</b>  <b>PATTERNS OF PLAY</b>  <b>(60 min)</b>                      Members \$20                      Non-members \$30</p>	<p><b>10:00am</b>  <b>PICKLEBALL OPEN</b>  <b>(90 min)</b>                      Free for court members,                      Non-members pay facility rate</p> <p><b>10:00am</b>  <b>CARDIO TENNIS</b>  <b>(60 min)</b>                      Members: FREE                      Non-members \$25</p>	<p><b>10:00am</b>  <b>PATTERNS OF PLAY</b>  <b>(60 min)</b>                      Members \$20                      Non-members \$30</p>	<p><b>10:00am</b>  <b>PICKLEBALL OPEN</b>  <b>(90 min)</b>                      Free for court members, Non-members pay facility rate</p> <p><b>10:00am</b>  <b>CARDIO TENNIS</b>  <b>(60 min)</b>                      Members: FREE                      Non-members \$25</p> <p><b>5:30pm</b>  <b>THURSDAY NIGHT SERVE &amp; VOLLEY</b>  <b>(75 min)</b>                      Free for members, Non-members pay facility rate</p>		<p><b>8:00am</b>  <b>PICKLEBALL OPEN</b>  <b>(90 min)</b>                      Free for court members, Non-members pay facility rate</p> <p><b>10:00am</b>  <b>DOUBLES PLAY</b>  <b>(60 min)</b>                      Members \$20                      Non-members \$30</p> <p><b>11:00am</b>  <b>CARDIO TENNIS</b>  <b>(60 min)</b>                      Members: FREE                      Non-members \$25</p>

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

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

Woodstock Athletic Club | 1489 South Rd (Rte. 106), Woodstock VT, 05091 | (802) 457-6656 | [athleticclub@woodstockinn.com](mailto:athleticclub@woodstockinn.com)

# **WOODSTOCK ATHLETIC CLUB TENNIS SCHEDULE – JUNE 2022**

## **CARDIO TENNIS – 60 minutes – Limited to 14 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: FREE; Non-members: \$25

## **DOUBLES PLAY – 60 minutes – 3 participants required, limited to 12 participants**

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

## **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

## **PICKLEBALL OPEN - 90 minutes – Limited to 12 participants**

Join the group and play one of the fastest-growing racquet sports! Free for court members, non-members pay facility rate.

## **THURSDAY NIGHT SERVE & VOLLEY – 75 minutes – Limited to 12 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.

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