

# TENNIS CLINIC & CLASS SCHEDULE – AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>10:00am</b> <b>CARDIO TENNIS</b> <i>with Toby (60 min)</i> Courts 7&amp;8 Free for members, Non-members: \$25</p> <p><b>11:00am</b> <b>JUNIOR CLINICS</b> <b>12-14y/o</b> <i>with Emily (90 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><b>5:00pm</b> <b>TENNIS GAMES</b> <i>with Toby (60 min)</i> Courts 7&amp;8 Free for members, Non-members: \$25</p>	<p><b>10:00am</b> <b>PATTERNS OF PLAY</b> <i>with Ken (60 min)</i> Members \$20 Non-members \$35</p> <p><b>11:00am</b> <b>JUNIOR CLINICS</b> <b>7-11 y/o</b> <i>with Ken &amp; Emily (2 hrs)</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><b>5:00pm</b> <b>TENNIS GAMES</b> <i>with Toby (60 min)</i> Courts 7&amp;8 Free for members, Non-members: \$25</p>	<p><b>10:00am</b> <b>CARDIO TENNIS</b> <i>with Toby (60 min)</i> Courts 7&amp;8 Free for members, Non-members: \$25</p> <p><b>11:00am</b> <b>JUNIOR CLINICS</b> <b>12-14y/o</b> <i>with Emily (90 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><b>5:30pm</b> <b>TEEN TENNIS</b> <i>with Emily &amp; Toby (90 min)</i> \$20 per person (members &amp; non-members)</p>	<p><b>10:00am</b> <b>PATTERNS OF PLAY</b> <i>with Ken (60 min)</i> Members \$20 Non-members \$35</p> <p><b>11:00am</b> <b>JUNIOR CLINICS</b> <b>7-11 y/o</b> <i>with Ken &amp; Emily (2 hrs)</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><b>5:30pm</b> <b>THURSDAY NIGHT SERVE &amp; VOLLEY</b> <i>with Toby &amp; Michael (90 min)</i> Free for members, Non-members pay facility rate</p>		<p><b>10:00am</b> <b>DOUBLES PLAY</b> <i>with Ken (60 min)</i> Members \$20 Non-members \$35</p> <p><b>11:00am</b> <b>CARDIO TENNIS</b> <i>with Toby (60 min)</i> Courts 7&amp;8 Free for members, Non-members: \$25</p>

**PRE-REGISTRATION REQUIRED – CLASSES/CLINICS MAY 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 St (Rte. 106), Woodstock VT, 05091 | (802) 457-6656 | [athleticclub@woodstockinn.com](mailto:athleticclub@woodstockinn.com)



# **TENNIS CLINIC & CLASS SCHEDULE – AUGUST 2022**

**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) Free for all members; Non-Members: \$25.

**TENNIS GAMES – 60 minutes – Limited to 8 participants** - This clinic is a fun adult beginner tennis program that combines all of the king of the court style tennis games from cardio tennis with some very basic drills for developing strong fundamentals. The clinic will use compression balls that will make our shots easier to control and make the game more accessible. It will also feature music and a general party atmosphere. (All levels) Free for all members; Non-Members: \$25.

**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 \$35

**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 \$35

**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 \$20 per person (members & non-members)

**THURSDAY NIGHT SERVE & VOLLEY – 90 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.

**PRIVATE TENNIS CLINIC (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: \$35/person; Non-members: \$50/person.

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