



ADULT TENNIS CLINICS 2023

BEGINNER/INTERMEDIATE

THE BEGINNER/INTERMEDIATE ADULT CLINIC WILL FOCUS ON LEARNING THE BASICS OF ALL 6 STROKES - THE SERVE, FOREHAND GROUNDSTROKE, BACKHAND GROUNDSTROKE, FOREHAND VOLLEY, BACKHAND VOLLEY, AND THE OVERHEAD SMASH. MAX OF 4 ADULTS PER CLASS.



INTERMEDIATE/ADVANCED

THE INTERMEDIATE/ADVANCED ADULT CLINIC WILL FOCUS ON DEVELOPING MORE COMPETITIVE SHOTS AND POINT-PLAY. THE CLINIC IS BEST SUITED FOR PLAYERS WHO ARE ABLE TO HOLD A CASUAL RALLY, KNOW HOW TO KEEP SCORE AND HAVE PREVIOUS MATCH EXPERIENCE. (3.5 - 4.5 PLAYER RATINGS). MAX OF 4 ADULTS PER CLASS.



ALL PLAYER

THE ALL PLAYER ADULT CLINIC IS JUST HOW IT SOUNDS, OPEN TO ALL! THIS IS AN OPPORTUNITY FOR YOU TO GET MOVING MID WEEK AND HAVE DRILLS MODIFIED TO YOUR SKILL SET. WELCOMING PLAYERS OF ALL SKILL LEVELS, WE WILL PLAY CARDIO GAMES AND BE FITNESS FOCUSED IN THIS CLASS. MAX OF 4 ADULTS PER CLASS.



CLINIC SESSION OFFERINGS

BEGINNER/INTERMEDIATE

TUESDAYS @ 6-7:30PM

LOCATION: DIABLO TENNIS COURT AT THE HILLS

JANUARY DATES: 1/17 & 1/24

FEBRUARY DATES: 1/31, 2/7, 2/14 & 2/21

MARCH DATES: 3/7, 3/14, 3/21 & 3/28

APRIL DATES: 4/4, 4/11, 4/18, & 4/25



INTERMEDIATE/ADVANCED

THURSDAYS @ 6-7:30PM

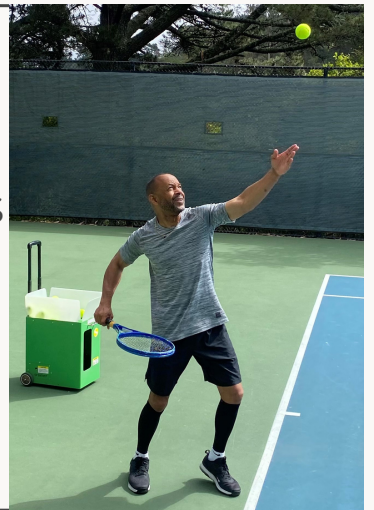
LOCATION: DIABLO TENNIS COURT AT THE HILLS

JANUARY DATES: 1/19 & 1/26

FEBRUARY DATES: 2/2, 2/9, 2/16 & 2/23

MARCH DATES: 3/9, 3/16, 3/23 & 3/30

APRIL DATES: 4/6, 4/13, 4/20, & 4/27



ALL PLAYER

WEDNESDAYS @ 12-1:30PM

LOCATION: DIABLO TENNIS COURT AT THE HILLS

JANUARY DATES: 1/18 & 1/25

FEBRUARY DATES: 2/1, 2/8, 2/15 & 2/22

MARCH DATES: 3/8, 3/15, 3/22 & 3/29

APRIL DATES: 4/5, 4/12, 4/19, & 4/26

