

THE HILLS SWIM &  
TENNIS CLUB

# TENNIS

***SPRING 2024***

- **Junior & Adult Clinics**
- **In-House Matchplay**
- **Private Lessons**

**SIGN UP  
TODAY!**

**Coach Sydney - [swilliams@caclubs.com](mailto:swilliams@caclubs.com)**

# THE HILLS SWIM & TENNIS CLUB



## SPRING SESSION DATES

JAN	FEB	MAR	APR	MAY
1/14-1/25	1/28-2/22	3/3-3/28	4/7 - 5/2	5/5-5/16

## WEEKLY SCHEDULE

SUNDAY	MONDAY	TUESDAY
<b>2:30-3:30pm</b> Little Stars	<b>4:30-6pm</b> Rising Stars	<b>4:30-6pm</b> Supernovas
<b>3:30-5pm</b> Adult Intermediate / Advanced		<b>6-7:30pm</b> Adult Intermediate

## COST BY PROGRAM

LITTLE STARS	RISING STARS / SUPERNOVAS	ADULT CLINICS
Jan. \$90	Jan. \$110	Jan. \$120
Feb. \$160	Feb. \$200	Feb. \$240
Mar. \$160	Mar. \$200	Mar. \$240
Apr. \$160	Apr. \$200	Apr. \$240
May \$90	May \$110	May \$120
All Spring \$576	All Spring \$720	All Spring \$874 1 day per week

**Coach Sydney - [swilliams@caclubs.com](mailto:swilliams@caclubs.com)**

20  
24

JUNIOR

SPRING TENNIS

# Welcome to The Hills Junior Tennis Program!

Little Stars, Rising Stars and Supernovas welcome players of all skill levels to learn and develop all 5 strokes (forehand, backhand, serve, overhead, volley).

## LITTLE STARS

Sundays @ 2-3pm

## RISING STARS

Mondays @ 4:30-6pm

## SUPERNOVAS

Tuesdays @ 4:30-6pm

For more information visit  
<https://hills.caclubs.com/tennis-1>

20  
24

ADULT

SPRING TENNIS

## Welcome to The Hills Adult Tennis Program!

All adult clinics consist of both drill practice and live play. Drills will focus on developing the forehand, backhand, volley, overheard and serve. The Intermediate/Advanced clinic will include match play development.

INTERMEDIATE / ADVANCED

Sundays @ 3:30-5pm

INTERMEDIATE

Tuesdays 6-7:30pm

For more information visit  
<https://hills.caclubs.com/tennis-1>

# Other Ways to Play

## IN-HOUSE MATCH PLAY LEAGUE

This program gives members an opportunity to have coordinated match play at The Hills Club. While this program is competition based, each match is meant to be friendly and played in good-spirit. Sportsmanship and courtesy are regarded above all else in this league.



## PRIVATE LESSONS

Private lessons are available with limited availability. Members only. Minimum of 1 hr lesson. Contact Coach Sydney directly.

### Private lessons

\$100/hour

### Semi-Private lessons

\$140/hour (max of 2 players)

### Small Group Privates

\$50/player/hour (min of 3 players)



# Quick Links for Tennis at The Hills



## In-House Match Play

This program is available to all! When you sign up, you will receive a match assignment every month. You can remove your name from the list at any time and sign up again when you're ready.



## Program Registration

Members will be able to register for clinics through this link. Non-members can view availability here, but should contact Coach Sydney directly to sign up.



## Community Contact Exchange

Looking for new hitting partners in your community? This contact exchange is a live document where you can casually find people to play with.