

# TENNIS PROGRAMS

**2023**

**SUMMMER**



**ADULT  
&  
JUNIOR**



**Contact Coach Sydney with Questions**

**[SWILLIAMS@CACLUBS.COM](mailto:SWILLIAMS@CACLUBS.COM)**



20  
23

# SUMMER TENNIS JUNIOR

## 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). Mini Stars is a game based clinic for kids 5 & under and a guardian.

6-7

### LITTLE STARS

1 hour clinic plays 4x/week - \$160/player

8-11

### RISING STARS

1.5 hour clinic plays 4x/week - \$200/player

11-17

### SUPERNOVAS

2 hour clinic plays 3x/week - \$200/player

12 & UP

### ADVANCED TEEN

2 hour clinic plays 1x/week - \$60/player

5 & UNDER

### MINI STARS

30 min clinic- FREE

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



20  
23

# SUMMER TENNIS ADULT

## Welcome to The Hills Adult Tennis Program!

New offerings! The Beginning and Intermediate classes will focus on developing all 5 strokes with good form (forehand, backhand, serve, overhead, volley). Meanwhile, the Advanced clinic will be focused on honing in live-play skills.

### BEGINNING

1.5 hour clinic - 1x/week  
\$60

### INTERMEDIATE

1.5 hour clinic - 1x/week  
\$60

### ADVANCED

2 hour clinic - 1x/week  
\$60

### SERVING CLINIC

30 min clinic - 1x/week  
FREE

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



# WEEKLY SCHEDULE

SUN

MON

TUE

WED

THU

	<b>11:30-12pm</b> Mini Stars			
<b>11:30-1pm</b> Adult Beginning	<b>12-12:30pm</b> Serving Clinic	<b>1-3pm</b> Supernovas	<b>1-3pm</b> Supernovas	<b>1-3pm</b> Advanced Teen
<b>1:30-3pm</b> Adult Intermediate	<b>1-3pm</b> Supernovas	<b>3:30-4:30pm</b> Little Stars	<b>3:30-4:30pm</b> Little Stars	<b>3:30-4:30pm</b> Little Stars
<b>4:30-6pm</b> Adult Advanced	<b>3:30-4:30pm</b> Little Stars	<b>4:30-6pm</b> Rising Stars	<b>4:30-6pm</b> Rising Stars	<b>4:30-6pm</b> Rising Stars
	<b>4:30-6pm</b> Rising Stars			

# SUMMER SESSIONS

Little Stars and Rising Stars	Supernovas	Advanced Teen	Adult
Week 1: 5/30-6/1 (T-Th) Week 2: 6/5-6/8 Week 3: 6/12 - 6/15 Week 4: 6/28-6/30 (W-F) Week 5: 7/10-7/13 Week 6: 7/17-7/20 Week 7: 7/24-7/27 Week 8: 7/31-8/3	Week 1: 5/30-6/1 (T-Th) Week 2: 6/5-6/7 Week 3: 6/12 - 6/14 Week 4: 6/28-6/30 (W-F) Week 5: 7/10-7/12 Week 6: 7/17-7/19 Week 7: 7/24-7/26 Week 8: 7/31-8/2	Week 1: skip Week 2: 6/8 Week 3: 6/15 Week 4: skip Week 5: 7/13 Week 6: 7/20 Week 7: 7/27 Week 8: 8/3	Week 1: skip Week 2: 6/4 Week 3: 6/11 Week 4: skip Week 5: 7/9 Week 6: 7/16 Week 7: 7/23 Week 8: 7/30



# 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.

This program is open to members and the surrounding community.

## 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 always remove your name from the list and sign up again when you're ready.

\*Players who do not report scores will not receive a match assignment the following month



## 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.