

Boar's Head Resort

DROP-IN TENNIS CLINICS

Summer Sessions In effect Monday, June 11th – Sunday, August 26th

Monday

8:30 – 9:30 a.m.	Advanced Beginner to Intermediate	Level 2.5 – 3.5	Ron
9:30 – 10:30 a.m.	Advanced Workout	Level 4.0 and up	Ron
10:30 – 11:30 a.m.	Drills for Thrills	Level 2.5 – 4.0	George
6:00 – 7:00 p.m.	Advanced Workout	Level 4.0 and up	George

Tuesday

9:00 – 10:00 a.m.	Advanced Beginner to Intermediate	Level 2.5 – 3.5	Betsy
9:30 – 10:30 a.m.	Advanced Intermediate	Level 3.5 – 4.0	Ron
11:00 – 12:00 p.m.	Cardio Tennis	Level 2.5 and up	Robyn
5:00 – 6:00 p.m.	Advanced Workout	Level 4.0 and up	Ron

Wednesday

8:30 – 9:30 a.m.	Advanced Beginner to Intermediate	Level 2.5 – 3.5	Ron
9:30 – 10:30 a.m.	Advanced Workout	Level 4.0 and up	Ron
10:30 – 11:30 a.m.	Advanced Beginner to Intermediate	Level 2.5 – 3.5	George
11:30 – 12:30 p.m.	Beginner to Advanced Beginner	Level 2.5 – 3.0	George
6:00 – 7:00 p.m.	Drills for Thrills	Level 2.5 – 4.0	George

Thursday

8:00 – 9:00 a.m.	Drills for Thrills	Level 2.5 – 4.0	George
9:00 – 10:00 a.m.	Advanced Intermediate	Level 3.5 – 4.0	Ron
11:00 – 12:00 p.m.	Cardio Tennis	Level 2.5 and up	Robyn
6:00 – 7:00 p.m.	Advanced Workout	Level 4.0 and up	George

Friday

8:30 – 9:30 a.m.	Advanced Workout	Level 4.0 and up	Mitchell
9:00 – 10:00 a.m.	Advanced Beginner to Intermediate	Level 2.5 – 3.5	Betsy
10:30 – 11:30 a.m.	Advanced Workout	Level 4.0 and up	Ron
1:30 – 2:30 p.m.	Drills for Thrills	Level 2.5 – 4.0	George

Saturday

9:00 – 10:00 a.m.	Advanced Workout	Level 4.0 and up	George
10:00 – 11:00 a.m.	Drills for Thrills	Level 2.5 – 4.0	George
11:00 – 12:00 p.m.	Drills for Thrills	Level 2.5 – and up	George

Sunday

9:00 – 10:00 a.m.	Advanced Workout	Level 4.0 and up	George
10:00 – 11:00 a.m.	Drills for Thrills	Level 2.5 – 4.0	George

only **\$23** per class!





Adult Tennis Clinic Descriptions

----- all drop-in tennis clinics are \$23 per class -----

Cardio Tennis (Skill Level: 2.5 and up)

Looking for an opportunity to improve your aerobic fitness? This is it!!! One hour of heart pumping activity designed for beginner and advanced players. Drills are designed to promote improved stroke production, speed, and agility, while constantly keeping your heart rate at an elevated but comfortable level. Personal heart rate monitors are recommended if you have one.

Advanced Workout (Skill Level: 4.0 and up)

This clinic is only for players 4.0 level and higher - for adults and tournament level juniors who want to experience a college style workout. Through a combination of pro fed, "live ball", and competitive drills, your court movement, shot selection, concentration, and fitness will elevate to a higher level.

Drills for Thrills (Skill level: 2.5 - 4.0)

This clinic will feature fast paced feeding drills using the entire court in order to improve stroke production and competitive ability. Point play situations will be played amongst participants and with the pro.

Advanced Beginner to Intermediate Clinic (Skill Level: 2.5 - 3.5)

Clinic is structured for intermediate players looking to improve their stroke techniques. Upbeat drilling session followed by point play situations.

Advanced Intermediate Clinic (Skill Level: 3.5 - 4.0)

This clinic will cater to members who have tennis experience and are looking for advanced drills and point play. Live ball games and drills will be a significant part of the clinic.

Beginner to Advanced Beginner Clinic (Skill level: 2.0 - 3.0)

Whether you have never touched a racquet, recently started or just want to get back in the game, this is the clinic for you. Clinics will cover basic stroke production and technique, scoring, court positioning and basic strategy. Racquets will be available if needed.

For More Information: jsarosiek@BoarsHeadResort.com

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