



# HCC Adult Tennis Clinics Summer 2016

## Weekly Adult Tennis Clinics Beginning May 31, 2016\*

Clinic	Day	Times	Member Rate**
Tennis Footwork with Laura	Mondays	9:00-9:30am	\$10
3.5-4.0 Drill & Play with Laura	Mondays	10:30am-12:00pm	\$25
3.0 Drill & Play with Tom	Mondays	6:00-7:00pm	\$20
Cardio Tennis with Laura	Tuesdays	10:00-11:00am	\$20
Tennis Stroke of the Day w/Laura	Tuesdays	11:00am-12:00pm	\$20
3.5-4.0 Drill & Play with Tom	Tuesdays	6:00-7:30pm	\$25
Tennis Footwork with Laura	Wednesdays	11:30am-12:00pm	\$10
3.0-3.5 Drill & Play with Laura	Thursdays	11:00am-12:00pm	\$20
Cardio Tennis with Eric	Saturdays	7:30-8:30am	\$15
4.0+ Drill & Play with Eric	Saturdays	8:30-10:00am	\$25
3.0-3.5 Drill & Play with Eric	Saturdays	10:00-11:30am	\$25

\*All clinics must have a minimum of three players signed up for clinic to run. If one or two players are sign up the rates will change to private/semi-private lesson rates.

\*\*Non-members must pay additional \$15 guest fee per day, which includes full access to the Club for the day.

### ***Tennis Footwork:***

Tennis specific footwork stations that will make you quicker and stronger on the tennis court!!

### ***Drill & Play:***

The pro sets up different playing scenarios in a fast paced drill. Working on both singles & doubles point play.

### ***Tennis Stroke of the Day:***

Focusing on the technique of a certain stroke for the first half of class. Live ball play using that stroke for the last half of class.

### ***Cardio Tennis:***

A mix of tennis and on-court fitness designed for all abilities. Cardio Tennis is a high energy fitness activity delivering the ultimate full body workout.

# *Additional Adult Tennis Programs*

## ***Make-A-Group Clinic:***

Make-a-Group clinics are clinics where player forms their own group of three to six players with pro of choice. MAG's are offered in a four lesson series during the months of June, July and August. Each clinic is an hour and a half and is during same day/time each week desired according to pro and court availability.

Rates: Dependent on the length of the session.

## ***Tennis Lessons:***

Private and Semi-Private Lessons are available from certified USPTA professionals.

Rates: Member rate is \$60 per hour for a private lesson and \$35 per hour per player for a semi-private lesson.

Non-Member rate is \$75 per hour for a private lesson and \$50 per hour per player for a semi-private lesson.

All players have the option to add video analysis for \$5 during private tennis lessons. Pro will provide a review and follow up via email.

## ***Player Match Evaluation:***

Depending on pro availability, player can request pro of choice to watch a practice or competitive match on site. Pro will provide a detailed match evaluation that is documented from a match stats app that breaks down each point and is formatted to email player afterwards. Pro will not only document each point from app, but offer pointers and advise on specific match in detail via email and or in person.

Rates: \$60 per hour and that rate only includes duration of match play.

## ***Sign Up Policy for Weekly Tennis Clinics:***

Homestead homeowners & their tenants may sign up one week in advance. Non-resident members may sign up 48 hours in advance. Non-members may sign up within 24 hours. Players who sign-up the day of clinic gets charged an additional \$5.

***Contact one of the pro's to set up a MAG or Private/Semi-Private Lesson. All pro's can be reached via email at [tennis@homesteadcourtclub.com](mailto:tennis@homesteadcourtclub.com).***

Co-Director of Tennis- Tom Ewert

Co-Director of Tennis- Laura Ewert

Tennis Pro- Eric Meyer

***Call or stop by the front desk to sign up for the weekly clinics!***