



# HCC Adult Tennis Clinics Spring 2017

**March 1 - May 19, 2017** (No clinics April 17-21)

<b>Clinic</b>	<b>Day</b>	<b>Times</b>	<b>Member Rate**</b>
Never Ever Clinic	Mondays	10:30-11:30am	\$22
Tennis Footwork	Tuesdays	8:00-8:30am	\$10
Cardio Tennis	Tuesdays	8:30-9:30am	\$17
3.5-4.0 Drill & Play	Tuesdays	6:00-7:30pm	\$27
Cardio Tennis	Wednesdays	6:15-7:15am	\$17
4.0 Drill & Play	Wednesdays	12:00-1:30pm	\$27
3.0-3.5 Drill & Play	Thursdays	10:30am-12:00pm	\$27
Stroke of the Day	Fridays	9:30-11:00am	\$27
2.5-3.0 Drill & Play	Fridays	11:00am-12:00pm	\$22
Cardio Tennis	Saturdays	7:30-8:30am	\$17
4.0+ Drill & Play	Saturdays	8:30-10:00am	\$27
3.0-3.5 Drill & Play	Saturdays	10:00-11:30am	\$27

\*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*

### ***Tennis Lessons:***

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

Rates: Member rate is \$65 per hour for a private lesson and \$35 per hour per player for a semi-private lesson.

Non-Member rate is \$80 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 members may sign up one week in advance. Non-members may sign up 24 hours in advance.

***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!***