



HCC Adult Tennis Clinics Summer 2019

Clinic	Day	Times	Member Rate**
2.5-3.0 Intro to Tennis	Mondays	6:00-7:30pm	\$27
3.0-3.5 Drill & Play	Tuesdays	6:00-7:30pm	\$27
Cardio Tennis	Wednesdays	12:00-1:00pm	\$17
3.0-3.5 Drill & Play	Thursdays	10:30am-12:00pm	\$27
Stroke of the Day	Fridays	12:00-1:00pm	\$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.

**Members may sign up one week in advance. Guests may sign up on the day of, if space is available.

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.

Need help determining your level? See chart on the back.

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 \$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.

Sign Up Policy for Weekly Tennis Clinics:

Homestead members may sign up one week in advance. Guests may sign up on the day of, if space is available.

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.

2.5	Learning to judge where the ball is going although court coverage is weak. Can sustain a short rally of slow pace with other players of the same ability.
3.0	Fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth or power. Most common doubles formation is one-up and one-back.
3.5	Has achieved improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. Starting to exhibit more aggressive net play, has improved court coverage and is developing teamwork in doubles.
4.0	Has dependable strokes, including directional control and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. Occasionally forces errors when serving and teamwork in doubles is evident. Rallies may be lost due to impatience.
4.5	Starting to master the use of power and spins and beginning to handle pace, has sound footwork, can control depth of shots and is beginning to vary game plan according to opponents. Can hit first serves with power and accuracy and place the second serve. Tends to overhit on difficult shots. Aggressive net play is common in doubles.