

ADULT CLINICS & ORGANIZED PLAY

DAILY

Resort Clinic 11am – noon \$20/person

MONDAYS

Beginner II Clinic 9 – 10:30am \$24/person

Tennis 101 3pm – 4pm \$20/person

Advanced Drill (USTA 4.0+) 7 – 8:30pm \$24/person

TUESDAYS

Doubles Strategy Clinic 8:30 – 10am \$24/person

Volley Clinic 10 – 11am \$20/person

Tennis 101 3 – 4pm \$20/person

Cardio Tennis 6 – 7pm \$14/person

Men's Drill Night 6 – 7:30pm \$24/person

Mixed Doubles Round Robin 6 – 9 pm \$10/person

WEDNESDAYS

Beginner I Clinic 10 – 11am \$20/person

Round Robin Mixer 10 am – noon \$10/person

Tennis 101 3 – 4pm \$20/person

Beginner I & II Clinic 7 – 8pm \$20/person

THURSDAYS

Doubles Strategy Clinic 8:30 – 10am \$24/person

Ground Stroke Clinic 10 – 11am \$20/person

Tennis 101 3 – 4pm \$20/person

Cardio Tennis 6 – 7pm \$14/person

Women's Drill Night 6 – 7:30pm \$24/person

FRIDAYS

Stroke of the Day Clinic 9 – 10am \$20/person

Serve Clinic 10 – 11am \$20/person

Round Robin Mixer 10 – noon \$10/person

Tennis 101 3 – 4pm \$20/person

SATURDAYS

Tennis 101 8 – 9am \$20/person

Round Robin Mixer 1 – 3pm \$10/person

SUNDAYS

Tennis 101 8 – 9am \$20/person

ADULT TENNIS PROGRAM DESCRIPTIONS

Advanced Drill (4.0+)

Both singles and doubles play patterns are developed through a progressive use of tactical dead ball, live ball and competitive decision making drills.

Beginner I Clinic

The obsession starts here! Start learning the basics of each stroke.

Beginner II Clinic

For players who know the basic concepts and fundamentals of most strokes and are beginning to apply these skills into match play.

Cardio Tennis

High energy and fun fitness activity to music, delivering the ultimate full- body, calorie burning aerobic workout.

Doubles Strategy Clinic

Focus on the offensive/defensive aspects of doubles. The skills, drills and thrills of doubles are featured in a dynamic play action format. Experience our tactical approach to aggressive doubles. Bring your partner.

Ground Stroke Clinic

Forehand and backhand development and refinement for both basic and advanced techniques. Great opportunity to build solid foundations and to learn new skills.

Men's/Women's Drill Nights

Start the night doing basic stroke tennis drills as a warm-up before some exciting match play with strategy tips – singles or doubles.

Round Robin Mixer

Come on out and play some fun doubles. For those learning how to play or working on game plans. Open to all levels of play.

Serve Clinic

Sound fundamentals, with the use of spin, turns this shot into a weapon. This is the most important shot in the game.

Stroke of the Day Clinic

Let's get into the groove! Players select the stroke they would like to improve.

Tennis 101

Do double faults and let calls confuse you? Learn the rules of the game and work on forehand, backhand and serve.

Volley Clinic

Tired of those long baseline rallies? Come to the net and learn how to volley, while developing reactions, positioning and footwork.



Call 727.942.5241 or
go to visitinnisbrook.com for more information

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