



Country Club Adult Program

Private Tennis Instruction

Private Lesson (one-to-one)

Take time to work on improving the weak areas of your tennis game. Private tennis instruction provides detailed one on one instruction with you and a professional tennis instructor.

Whether you need tips on improving your serve, backhand, forehand or keeping those groundstrokes inside the line, a private tennis lesson is the perfect solution.

Semi-Private Lesson (two-to-one)

This is a shared lesson with a player of the same ability level. The lesson can be designed and structured around either singles or doubles play.

With two participants, they can really challenge each other with offensive and defensive singles strategy drill, or players can also work as a pair for doubles with specific topics covering doubles play.

Group Tennis Instruction

Fundamental stroke production clinic

The fundamentals stroke production clinic is ideal for players (at any level) whose main goal is to solidify and develop variety in their basic strokes.

Beginners learn the fundamentals of effective stroke production and movements while intermediates to advance players work on specialty shots mixed in with more depth and direction, more spin and more variety for advanced rallying skills.

Ladies Next Level Clinics

Stroke production clinics/ stroke of the day: Drill based clinics with a specific focus of the day.

Monday: Groundstroke Drills. Tuesday: Volley Drills. Wednesday: Approach, Volley, overheads Drills (mid-court area). Thursday: Serve & Return-of-Serve Drills. Friday: Groundstrokes & Putting it all together (Singles & Doubles match play patterns from off of the serve and return- of-serve).

Doubles Clinic

This doubles clinic is an advanced drill and match play session geared towards successful higher-level doubles play. The session runs for 1 1/2 hrs where the first 45 minutes emphasis is placed on enhancing and solidifying advanced strokes and movements through match play specific drills needed for effective doubles play.

The second 45 minutes the coach takes turns playing with and against each player where emphasis is solely placed on effective doubles play with correction on the key areas.

Advanced Tennis Instruction

League Team Coaching

The league team-coaching program is a fast paced, high energy drill session geared towards improving technique and tactics through a variety of defensive and offensive live ball situation drills. The drills are lively and challenging, and are result oriented.

The more competitive singles player

This clinic is geared towards the more competitive players whose main desire is to focus less on stroke production and more on the rallying skills and progressions that it takes to win singles matches.

Men's Advanced Fast Paced Drill & Play Session (ability level appropriate)

This clinic is geared towards the more competitive player whose main desire is to focus less on stroke production and more on the progressions that it takes to win singles and doubles matches.

Specific Tennis Instruction

Co-Ed Fast Paced Drill Session (ability level appropriate)

Ready for a heart pumping fast paced session before the office in the morning or on a lunch break. Then this clinic is just for you.

Drills are high energy, highly intensive with a fair amount of quick tips covering effective stroke production and effective movement patterns.

Interactive Match Play Nite

15-20 min pro warmup. Mix and match level appropriate doubles / Pro monitored play. Focus on situational play: formations, shot selection, position, offensive / defensive strategies.

Create-A-clinic (upon request)

Individual groups that would like to keep their existing players together may feel free to create their own specific lesson goals through the inquiry form. From there the sessions will be developed and executed towards attaining those desired goals.