



2018 Summer Tennis Session: June 18th - August 10th (8 Weeks)

Clinic participants will be split into two or more groups according to level when courts allow

Sign up for weekly clinics at fawnlakecc.tennisbookings.com

To arrange a custom clinic, contact Kevin at 703-489-3794 or kcretella@fawnlakecc.com

**** Tennis/Golf Members: ****

**Commit to 6 or more times for a particular clinic within
this eight-week session and receive 20% off total amount**

Cardio Tennis: 1 Hour Clinic

Drills and games are designed to promote movement, fun, and learning. Emphasis is on aerobic exercise. As much instruction as possible, while still allowing for a fast-paced, flowing clinic.

Monday Morning: 9:00-10:00AM

Thursday Night: 7:00-8:00PM

Price:

Member:

Drop-In: \$15

Non-Member:

Drop-In: \$20

Stroke of the Week: 1.5 Hour Clinic

Players will be separated into 2 groups according to level when courts permit.

Each week, there will be a specific stroke and strategies that will be focused on. Emphasis is on developing technical aspects of the stroke and footwork, winning-patterns of play, and high percentage tennis tactics.

Week One: Forehand (Topspin and Slice)

Week Two: Backhand (Topspin and Slice)

Week Three: Net Game (Volleys and Overheads)

Week Four: Specialty Shots (Lobs and Drop Shots)

Week Five: Serve and Return (Starting the Point Right)

Week Six: Doubles Tactics (Communication and Poaching)

Week Seven: Singles Patterns (Winning Patterns of Play)

Week Eight: Rain Day Make-Up Week

Tuesday Night: 7:00-8:30PM

Friday Morning: 9:00-10:30AM

Price:

Member:

Drop-In: \$20

Non-Member:

Drop-In: \$25

