

ADULT TENNIS CLINICS

EFFECTIVE JUNE 23, 2025

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30 AM		Rise & Rally 2.5 - 3.0+ 7:30 - 9:00 <i>Adult Tennis</i>		Rise & Rally 3.5 - 4.0+ 7:30 - 9:00 <i>Adult Tennis</i>			
8:00 AM		Starters Clinic 8:00 - 9:00 <i>Beginner Tennis Players Only</i>	Cardio Tennis 8:00 - 9:00 <i>Free To All Members</i>			Cardio Tennis 8:00 - 9:00 <i>Free To All Members</i>	
9:00 AM		Groove Your Strokes 9:00 - 10:00 <i>Tennis University</i>	Ground Strokes 9:00 - 10:00 <i>Tennis University</i>	Groove Your Strokes 9:00 - 10:00 <i>Tennis University</i>	Ground Strokes 9:00 - 10:00 <i>Tennis University</i>	Transition 9:00 - 10:00 <i>Tennis University</i>	Groove Your Strokes 9:00 - 10:00 <i>Tennis University</i>
		4.0+ Coed Singles Clinic 9:00 - 10:30 <i>Adult Tennis</i>			Starters Clinic 9:00 - 10:00 <i>Beginner Tennis Players Only</i>		
10:00 AM		Serve & Return 10:00 - 11:00 <i>Tennis University</i>	Speciality Shots 10:00 - 11:00 <i>Tennis University</i>	Transition 10:00 - 11:00 <i>Tennis University</i>	Serve & Volley 10:00 - 11:00 <i>Tennis University</i>	Grand Slam 10:00 - 11:00 <i>Tennis University</i>	Games 10:00 - 11:00 <i>Tennis University</i>
11:00 AM		3.5 Leveled Coed Clinic 11:00 - 12:30 <i>Adult Tennis</i>					
5:00 PM		Ground Strokes 5:00 - 6:00 <i>Tennis University</i>	Grand Slam 5:00 - 6:00 <i>Tennis University</i>	Groove Your Strokes 5:00 - 6:00 <i>Tennis University</i>	Games 5:00 - 6:00 <i>Tennis University</i>	Starters Clinic 5:00 - 6:00 <i>Beginner Tennis Players Only</i>	
6:00 PM		3.5+ Mixed Intensives 6:00 - 7:30 <i>Adult Tennis</i>			3.5+ Mixed Intensives 6:00 - 7:30 <i>Adult Tennis</i>		

PROGRAM KEY

- TENNIS UNIVERSITY CLINICS
- ADULT TENNIS CLINICS
- STARTERS CLINIC *5
FREE TO NEW BEGINNER TENNIS MEMBERS
- GROUP FITNESS TENNIS
FREE TO ALL MEMBERS

TENNIS UNIVERSITY CLINICS

PRICING: \$30 for Tennis Members,
Complimentary for Flextime Members

REGISTRATION: Register on the Club App

* Registration for TU clinics opens 48-hrs prior

* All cancellations made with less than 24-hour
notice will be charged the clinic fee.

ADULT TENNIS CLINICS

PRICING: \$50 for Tennis Members,
Starters Clinic - \$30 fee

REGISTRATION: Register on the Club App

* Registration for Adult Tennis clinics opens 4-days prior

* All cancellations made with less than 24-hour
notice will be charged the clinic fee.

CONTACT: Jitka Gavdunova • jitka@thoreau.com

The
Thoreau Club

CLINIC DESCRIPTIONS

CARDIO TENNIS

FREE TO ALL MEMBERS

Join us for an energizing and high-intensity workout that combines traditional tennis drills with cardio exercises and heart-pumping music.

DOUBLES STRATEGIES

Sign up with your partner or learn new doubles skills individually during doubles strategy clinics. Work on communication, cohesive movement, positioning, and new formations to apply in match situations.

GAMES

Ready to have some fun? Let's play some exciting games like champion of the court, mini maxi, triples, or 105. We'll engage in friendly competition and have a great time together.

GRAND SLAM

This is a play-based clinic. Players will be doing live ball drills, hitting with depth and spin; down the line and cross-court. Serve and return with playing out points, both singles and doubles.

GROOVE YOUR STROKES

Perfect your technique, depth, touch, and power on your groundstrokes and volleys during our ball feeding sessions. With the repetitions of our ball feeding clinics, you can become the baseline and net player you've always envisioned. Many of our players see results such as fewer errors, heavier and more powerful shots, and cleaner strikes.

TRANSITION

Take your game to the next level at the net! Learn how to approach the net, put away volleys and take the ball out of the air.

INTENSIVES \$25 per person

This is a leveled based clinic with 4 participants per court. The session begins with a 15–20 minute warm-up, followed by intensive singles and doubles games organized by the pro. The pro will also rotate in to play if needed and provide strategic guidance throughout the games.

SERVE & VOLLEY

Want to win your service games without the 15 ball rallies? Learn to finish a point in 4 shots or less in our serve and volley clinic. Serve and volley is a great strategy for doubles and singles players to use. Learn to hit your spots on the serve and correct positioning in transition to the net. Finishing off points can be one of the toughest parts of tennis, but in serve and volley clinics you can add this important skill to your game.

CoEd SINGLES

Elevate your game and dominate the singles court. This clinic is tailored to help participants refine their skills, develop winning strategies, and enhance their mental toughness for singles play. From mastering the serve and return to executing winning volleys and groundstrokes, this clinic covers all aspects of the game essential for success in singles matches.

GROUND STROKES

For most players, groundstrokes are the pillars of their game. A strong tennis player must be able to deal with a variety of different shots. Learn the correct preparation, movement, and recovery for baseline shots while applying your skills in baseline drills and situation point play.

SERVE & RETURN

The most important shot in the game of tennis is the serve. If your serve is a strength you will find winning games and matches in singles or doubles becomes a much easier task. The only player more lethal than one with a great serve, is a player with a great serve and return. Starting each point on a strong note is a game-changer.

SPECIALTY SHOTS

Take your game to the next level by mastering a variety of specialty shots in this clinic. You'll learn how to execute advanced techniques such as drop shot, lob, backhand overhead, swinging volley, drop volley, slice, and even the tweener.

STARTERS CLINIC *5 FREE SESSIONS TO BEGINNER TENNIS MEMBERS*

Designed for players looking to learn the life long sport of Tennis. We focus on the fundamentals and technique - forehand, backhand, volley and serve. Most of all, you will meet new friends and have fun at the same time.

RISE & RALLY

Wake up & get moving and grooving for Rise and Rally! Practice a variety of strokes from groundstrokes, to volleys, to serving and more to start off your day.