



# Green Spring Racquet Club

## Daily Adult Programs - 2016-2017 Season



410-821-5683 • www.GreenSpringRC.com

6-Week Sessions

**Session 5: March 6 - April 16**

*No refunds • Make-ups are not carried over to another session • Drop-ins after 3 people register per clinic*

### Mondays

#### Two Adult **Intermediate** 90 Minute Clinics

10:00 am – 11:30 am

11:30 am – 1:00 pm

\$120 Members / \$150 Non-members

\$25 Drop-in Members / \$35 Drop-In Non-members

Participants will practice singles and doubles strategy and position on the court. A great way to stay sharp for league play!



### Thursdays

#### Adult Skills and Drills Clinic

7:30 pm - 9:00 pm

\$240 Members / \$270 Non-members

\$45 Drop-in members / \$50 Non-members

An intensive drilling experience that focuses on ground strokes, net play, serving, attack strategies and mental toughness.

### Tuesdays

#### **NEW Special Price** Cardio Drill and Play

8:30 am - 10:00 am

\$115 Members / \$145 Non-members

\$20 Drop-in Members / \$30 Drop-in Non-members

Start your day off right by burning calories in this fast-paced clinic!

#### Women's Doubles Strategy Clinic

10:00 am – 11:30 am

This clinic will focus on court positioning with an emphasis on volleys and poaching.

\$120 Members / \$150 Non-members

\$25 Drop-in Members / \$35 Drop-In Non-members



### Fridays

#### Tennis Boot Camp

9:30 am – 11:00 am

\$120 Members / \$150 Non-members

\$25 Drop-in Members / \$35 Drop-In Non-members

This clinic focuses on a player's skills while improving strength and endurance. This clinic is targeted towards higher level players who are looking to test their fitness level while maintaining their stroke techniques.

### Saturdays

#### Cardio Drill and Play

8:00 am - 9:30 am

\$120 Members / \$150 Non-members

\$25 Drop-in Members / \$35 Drop-in Non-members

The first 30 minutes is a series of fast-paced drills focusing on forehand, backhand, volley, overhead, serve, and doubles strategy. One hour play follows with the matching up of players based on all levels.

### Wednesdays

#### Adult **Beginners** Clinic

10:00 am - 11:30 am

#### Advanced Adult **Beginners** Clinic

11:30 am - 1:00 pm

\$90 Members / \$120 Non-members

A great way to learn tennis and you'll be rallying in 20 minutes!

#### Hard Kohr Clinic

5:30 pm – 7:00 pm

\$45 Drop-in Members / \$50 Non-members

An intensive drilling experience that focuses on ground strokes, net play, serving, attack strategies and mental toughness.

#### Adult **Beginner/ Intermediate** Clinic

7:30 pm - 9:00 pm

\$240 Members / \$270 Non-members

\$45 Drop-in Members / \$50 Non-members

This clinic is designed to develop your court game, increase your confidence and help you construct your points to close out a match.

### Sundays

#### Adult **Intermediate** Clinic

9:30 am - 11:00 am

**Max 8 participants, ( no drop -ins)**

\$150 Members / \$180 Non-members

Participants will work on consistency, refine strokes, technique, improve footwork, and position on the court.

#### Beginner's Clinic

11:00 am - 12:30 pm

**Max 12 participants, no drop -ins**

\$150 Members / \$180 Non-members

Learn basic tennis techniques needed to become a good player in a short amount of time!