

# ADULT TENNIS CLINICS



## SHOT OF THE DAY | MEMBERS: \$27 | GUEST: \$37

**MONDAY (GROUNDSTROKES), WEDNESDAY (NET), FRIDAY (PRO'S CHOICE): 8AM – 9AM**

Refine your game with our expert-led sessions focusing on the technical components of specific strokes. Open to all skill levels, each clinic employs a series of engaging drills to enhance your prowess on the court.

## DAILY DOUBLES DRILL | MEMBERS: \$27 | GUEST: \$37

**DAILY: 9AM – 10AM**

Tailored for players rated 2.5 and above, the Daily Doubles Drill immerses participants in dynamic strategies and tactics for doubles play. Experience competitive drills and point play to elevate your game.

## LEARN TENNIS HAMMOCK BEACH | MEMBERS: \$27 | GUEST: \$37

**TUESDAY, THURSDAY, SATURDAY: 11AM – 12PM**

Ideal for beginners, this clinic is perfect for those seeking to grasp the fundamentals of tennis. Dive into basic stroke development and rallying techniques in a supportive and instructive environment.

## HAMMOCK BEACH “LIVE BALL” | MEMBERS: \$27 | GUEST: \$37

**MONDAY, WEDNESDAY, FRIDAY: 11AM – 12PM**

A dynamic and competitive live ball clinic designed for more experienced players. Hammock Beach “Live Ball” is centered around a theme of continuous tennis points and games that seamlessly transition from offense to defense!

## CARDIO TENNIS | MEMBERS: \$27 | GUEST: \$37

**TUESDAY AND THURSDAY: 8AM – 9AM**

Join us for Cardio Tennis, a lively and engaging clinic open to all skill levels. Designed to provide a fulfilling workout while improving your tennis skills, this up-tempo session is both energizing and effective.

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Participants must register 24-hours in advance and be at least 16 years of age. All programs are subject to time changes. In the event that a clinic has only one participant, it will be converted into a 30-minute private lesson at no additional cost. In addition to our regularly scheduled clinics, the Racquet Center staff is available for both private and group instruction. Please contact us for rates and availability.

Credit card payments are subject to a 3% surcharge.

To register for a clinic or reserve a court time,  
please call 386.597.5020 or email [tennis@hammockbeach.com](mailto:tennis@hammockbeach.com).