

Drop-In Clinic Descriptions

Action Packed Double Drills & Thrills:

3.0-4.5 Men & Women – High energy drills based on doubles play & strategy and heart pounding workouts for you daily cardio workout. Improve your game with drills from the master of drills.

“Get in the Game” Workout:

Work on the basics of stroke production, court positioning for match play & strategy for getting into match play. Get ready to join a USTA team this fall or just beat all your friends.

Beginner to 2.5 Drop-In Clinic:

Beginner to 2.5 Men & Women – Develop the basics of the game including movement training, strokes, and strategy for singles and doubles match play.

Beginner to 3.5 Drop-In Clinic:

Beginner to 2.5 Men & Women – Develop the basics of the game including movement training, strokes, and strategy for singles and doubles match play.

Adult Work Out Clinic:

3.0-4.5 Work out with fast paced drills for doubles play and cardio workout. Improve your game play while getting a great workout.

Drop-In Drills:

3.0-4.5 Men & Women – High energy drills on strategy and tactics of the game plus a great cardio workout.

Cardio & Strategy Drop-In Clinic:

Everyone’s favorite!! The ultimate clinic for cardio workout and fun. Exciting drills, strategy and games for 3.0 to 5.0 skill levels. Men, Women, & high-level Juniors.