

## **Attention:**

**Tennis courts are scheduled to close for winterizing on November 1.**

## **Adult Tennis Clinics and Lessons**

- Taught by professional coach
- Beginner to advanced skill levels
- Increase fitness level
- Socialize and meet new players
- Open to ALL military ID card holders
- Available for ages 18 & older

### **Private/Semi-private lessons:**

Private lessons are a great way to spend individual time with a coach, working exactly on what you need to work on, and can often be the key to unlocking the potential in your game. This is the right class for you if you require a flexible schedule, or would like to supplement your group lessons.

#### **Cost:**

Private lesson is \$40 per session.

Semi-private lesson \$60 per session (\$30 per person).

## **Clinics and group lessons:**

### **Tennis Xpress - Beginner**

Players will learn the fundamental strokes, grips, and footwork of tennis through drills. Skills taught include:

- Forehand
- Backhand
- Volleys
- Serve
- Match play

**Cost:**

\$15 per session, per person (minimum 3 participants)

Group lesson is \$15 per session, per person (minimum 3 - maximum 6 participants)

## **Tennis Xpress - Intermediate/Advanced**

This power hour is designed for players above a 3.5 level and combines live-ball drill sessions with situational point play. It's a perfect opportunity to hone your skills in between matches.

**Cost:**

\$15 per session, per person (minimum 3 participants)

Group lesson is \$15 per session, per person (minimum 3 - maximum 6 participants)

## **Tennis Drills & Play - Intermediate/Advanced**

For competitive players above a 3.5 level and feature a tactical approach to building a player's game.

Both singles and doubles play patterns are developed through a progressive use of tactical dead ball, live ball and competitive decision making drills.

If you're comfortable with your shot making, this is the program for you!

**Cost:**

\$15 per session, per person (minimum 3 participants)

Group lesson is \$15 per session, per person (minimum 3 - maximum 6 participants)

## **Cardio Tennis - All Levels**

Team play featuring drills to give players of all abilities an ultimate, high energy workout.

**Cost:**

\$15 per session, per person (minimum 3 participants)

Group lesson is \$15 per session, per person (minimum 3 - maximum 6 participants)

## **Contact and Register:**

Lessons available by appointment only. To set up an appointment or register for a tennis clinic, please contact Ms. Elena Novello (PTR Certified Professional): [stuttgarttennis@gmail.com](mailto:stuttgarttennis@gmail.com).

Please sign up for tennis clinics at least one day prior to the clinic, indicate the day and time of the clinic, and then wait to receive a confirmation/cancellation of the clinic. The minimum number of participants must be met in order to proceed with clinic, otherwise the clinic will be canceled.

