



ADULT TENNIS CLINICS

SHOT OF THE DAY

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.

MEMBERS: \$24 | GUEST: \$34

DAILY DOUBLES DRILL

DAILY: 9AM – 10AM

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

MEMBERS: \$24 | GUEST: \$34

LEARN TENNIS HAMMOCK BEACH

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.

MEMBERS: \$24 | GUEST: \$34

HAMMOCK BEACH "LIVE BALL"

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 and defense!

MEMBERS: \$24 | GUEST: \$34

CARDIO TENNIS

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 enhancing your tennis skills, this up-tempo session is both energizing and effective.

MEMBERS: \$20 | GUEST: \$30

Participants must register at least 24-hours in advance and must be at least 16 years of age. All programs are subject to time change. Any clinics with one participant will be converted into a 30-minute private lesson with no rate change.

In addition to our regularly scheduled clinics, the Tennis Center staff is available for private and group instruction. Please call for rates.

To register for a clinic or reserve a court time, please call 386.597.5020 or email tennis@hammockbeach.com.



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