



Adult Tennis Clinics

Shot of the Day

Monday (Forehand), Wednesday (Backhand), Friday (Volley): 8am – 9am

Every clinic is open to all levels of play and focuses on the technical components of a particular stroke through a series of instructional drills.

Member \$25 | Guest \$30

Daily Doubles Drill

Daily: 9am – 10am • Monday-Friday: 3pm – 4pm

This clinic is recommended for players rated 3.0 and above and focuses on doubles strategies and tactics using a variety of static and competitive live ball drills.

Member \$25 | Guest \$30

New to Tennis

Monday, Wednesday, Friday, Saturday: 11am – 12pm

New to Tennis is for the true beginner or those returning to the game after a long hiatus. Basic strokes and an introduction to doubles play will be emphasized.

Member \$25 | Guest \$30

Cardio Tennis

Tuesday and Thursday: 8am-9am

This fun, up-tempo clinic is designed to give players a good workout while improving their tennis skills.

Member \$18 | Guest \$24

Participants must register 24 hours in advance for all clinics and be at least 16 years of age. In addition to our regularly scheduled clinics, the Tennis Center professional staff is available for clinics on the day and time you prefer. Please call for rates.

To reserve court time or register, please call

386-597-5020

email tennis@hammockbeach.com