



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 competitive live ball drills and point play.

Member \$25 | Guest \$30

Learn Tennis Hammock Beach

Tuesday, Thursday, Saturday: 11am – 12pm

This beginner clinic is suited for new players looking to learn the fundamentals of the game. Basic stroke development and rallying will be highlighted.

Member \$25 | Guest \$30

Play Tennis Hammock Beach

Monday, Wednesday, Friday: 11am-12pm

For the recreational player, Play Tennis Hammock Beach is for players who can serve, rally, and score. Basic court positioning and shot placement will be emphasized.

Member \$25 | Guest \$30

Cardio Tennis

Tuesday and Thursday: 8am-9pm

Cardio Tennis is open to all levels and is a fun, up-tempo clinic 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 386.597.5020 or email tennis@hammockbeach.com for rates and availability.