



Fall 2016 Adult Tennis

10, 11, 12 Week Session

October 3 - December 23

Members: 12 Weeks \$260 ~ 11 Weeks \$240 ~ 10 weeks \$220

Non-Members: 12 Weeks \$360 ~ 11 Weeks \$330 ~ 10 weeks \$300

No Clinics November 23 -27, 2015

Member Sign-Ups: September 19

Non-Member Sign-Ups: September 26

1.5/2.0

– Learn the Basics!

Learn the correct grips and stroke technique for your forehand, backhand, serve, volley, and overhead.

Learn how to rally, score, and establish correct court positions; learn court etiquette

**Little or No
Experience**

1.5/2.0

Mon.

12:00-1:30p

Mario Dorado

1.5/2.0

Wed.

12:00-1:30p

Jeff Brainard

1.5/2.0

Wed.

6:00-7:30p

Jeff Brainard

2.0+/2.5/2.5+

– Learn the Game!

Enhance stroke technique, establish consistency, situational point play and court positioning

**Limited
Experience
Beginners**

2.0/2.0+

Tues

10:30-12:00p

Mario Dorado

2.0/2.0+

Thurs

12:00 - 1:30p

Jeff Brainard

2.0/2.0+

Thurs

6:00-7:30p

Mario Dorado

2.0/2.0+

Fri

10:30-12:00p

Joey Hall

**Advanced
Beginners**

2.5

Thurs

10:30-12:00p

Joey Hall

2.5/2.5+

Tue

6:00-7:30p

Mario Dorado

2.5 Singles

Tue

12:00-1:30p

Jeff Brainard

3.0/3.0+

– Develop Your Brain!

*Learn a greater variety of skills to better handle different game situations;
Study advanced court positioning and strategy; reinforce proper service grip;
Introduction to spins for ground strokes and serves*

**Low
Intermediate
to
Intermediate**

2.5+/3.0

Mon

9:00 - 10:30a

Mario Dorado

2.5+/3.0

Mon

6:00-7:30p

Joey Hall

3.0

Tues

10:30-12:00p

Joey Hall

3.0

Thu

9:00-10:30a

Jeff Brainard

3.0 Singles

Fri

10:30-12:00p

Jeff Brainard

3.0/3.0+

Thu

6:00-7:30p

Jeff Brainard

3.0/3.0+

Sat

9:00-10:30a

Jeff Brainard

3.0+

Fri

9:00-10:30a

Joey Hall

More clinics on back!

<p style="text-align: center;">3.5 – Accentuate Your Ability! <i>Improve mid-court shots; use lobs offensively; Improve accuracy of serve and return placement; Recognize shot selection based on score; manage your inner voice</i></p>				
Intermediate	3.5/3.5+ Singles 3.0+/3.5	Wed Wed	10:30-12p 6:00-7:30p	Jeff Brainard Mario Dorado
<p style="text-align: center;">4.0 – Elevate Your Skills! <i>Improve poaching, serves, returns (advanced formations) and volleys for doubles play Learn how to combine placement with pace; use angles to your advantage</i></p>				
Advanced Intermediate	4.0/4.5 Singles 4.0/4.5	Fri Sat	10:30-12p 10:30-12p	Mario Dorado Jeff Brainard

<p style="text-align: center;">Family Clinics – Bring It On Home! <i>Learn how to play recreational tennis as a family, for any age or ability level.</i></p>		
Family Clinics	For All Ages	Varied Days, Times and Teaching Pros Available

<p style="text-align: center;">Enrollment In Any Class Except 1.5/2.0 Requires Pro Approval</p>	
<p style="text-align: center;">*Parents: Please be aware of Kid City and Kid Fit closing times if enrolling in evening clinics</p>	

Clinic Policies: Enrollment, Payments, Membership Requirements & Absences

Full payment is required upon enrollment.

- a. Checks are payable to Fort Sanders Health and Fitness Center.
- b. Visa, Mastercard, and American Express are accepted.

Enrollment numbers determine the length of each class.

Acceptance into a clinic is based upon your ability to meet certain skill requirements.

Students are encouraged to purchase the clinic package that is best suited for their attendance ability.

Students are allowed to make-up classes in available clinics within the session in which they are currently enrolled.

Make-up clinics may not be scheduled after completion of the session, nor are they guaranteed for all classes.

NOTE: Please notify the Tennis Office staff as soon as you know you will be absent from any class. This allows us to help you schedule a make-up class, as well as creates make-up spots for other players.

Other Options for making up a missed clinic:

- a. You may apply the dollar value of one clinic absence occurring during the session in which you have enrolled against the cost of a private or semi-private lesson with any of our Tennis professionals and pay only the difference in price.
- b. Members may substitute one hour of ball machine play. This must be scheduled through the tennis office.
- c. Members and Non-Members alike may substitute one (1) Cardio Tennis Class for any one (1) missed clinic date. Cardio Tennis substitutions must be scheduled through the Tennis Office in advance of the requested class.
- d. Members may receive one racket restringing.

NOTE: Any of these options must be done within the current clinic session.

The Clinic fee is non-refundable except under the following conditions:

- a. For medical disabilities, a pro rata refund or credit will be given from the date the refund is requested.
- b. A full refund or credit shall be given to the student who drops a class before the start of the session.
- c. Should a clinic be canceled after the start of the session, a student will be given a pro rata refund or credit.
- d. If an individual class is canceled by FSHFC or their tennis pro, the student will be given a refund or credit for the canceled class.