



2021 Adult Tennis

8 Week Session Clinics

Members: 8 weeks \$176/ 7weeks \$154 for 90 minute clinics

Members: 8 weeks \$120/ 7weeks \$105 for 60 minute clinics

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

Grab a friend and give us a call to schedule "Learn the Basics"

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+

Wed

11:00-12:30p

Trey Ambrose

Advanced Beginners

2.5/2.5+

Fri

9:00-10:30a

Dan Beedle

3.0/3.0+

– Develop Your Brain!

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

Low Intermediate to Intermediate

3.0/3.0+

Thu

6:00-7:30p

Jeff Brainard

More tennis on back!

3.5 – Accentuate Your Ability! <i>Improve mid-court shots; use lobs offensively;</i> <i>Improve accuracy of serve and return placement;</i> <i>Recognize shot selection based on score; manage your inner voice</i>	
Intermediate	<i>We will accommodate. Give us a call to schedule "Intermediate 3.5 Clinics"</i>

2021 Clinic Session Dates

- January 4 - February 28**
- March 1 - May 2 (no classes spring break week)**
- May 3 - June 27**
- June 28 - August 22**
- August 23 - October 17**
- October 18 - December 19(no classes Thanksgiving week)**

- 1. Member signup will begin 2 weeks prior to beginning of upcoming clinic session.**
- 2. Non-Member signup will begin 1 week prior to beginning of upcoming clinic session.**

Enrollment In Any Class Except 1.5/2.0 Requires Pro Approval
***Parents: Please be aware of Kid City and Kid Fit closing times if enrolling in evening clinics**

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. There is a minimum of 2 players for a clinic to happen.

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

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

Players are allowed to make-up 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.

Options for making up a missed clinic:

- a. Members and non-members may substitute another Clinic, Drop-in Clinic or Cardio Tennis Class for any one (1) missed clinic date.

All Make-ups MUST be scheduled through the Tennis Office in advance of the requested class.

NOTE: All makeups 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. If an individual class is canceled by FSHFC or their tennis pro, the student will be given a credit for the canceled class.