



BEGINNER TENNIS

Become a better player with this five-week program

Definition of Levels

Beginner Appropriate for players new to tennis and players with basic instruction prior to joining. Clinics focus on continuing to develop proper form and technique with a focus on increasing rallying and point play. At the end of this series, expect to keep a consistent rally and with a basic understanding of point play. Participants can join this series twice.

Advanced Beginner Continue to develop consistency on groundstrokes, volleys and serve and regularly play points. We will begin to introduce the use of specific shots in point development. Participants have unlimited enrollment for this series.

Registration and Pricing

\$125 for members and non-members. Sign up at the FITshop. For more information contact Tennis Director, Andrew Gunberg: Andrew.Gunberg@RiverValleyClub.com

SESSION DATES

ADVANCED BEGINNER

Mondays, 6:30pm-8:00pm

Session 1 9/11, 9/18, 9/25, 10/2

*four week cost \$100

Session 2 10/9, 10/16, 10/23, 10/30, 11/6

Session 3 11/13, 11/27, 12/4, 12/11, 12/18

BEGINNER

Tuesdays, 9:30am-11:00am

Session 1 9/5, 9/12, 9/19, 9/26, 10/3

Session 2 10/10, 10/17, 10/24, 10/31, 11/7

Session 3 11/14, 11/28, 12/5, 12/12, 12/19

BEGINNER

Thursdays, 6:00pm-7:30pm

Session 1 9/7, 9/14, 9/21, 9/28, 10/5

Session 2 10/12, 10/19, 10/26, 11/2, 11/9

Session 3 11/16, 11/30, 12/7, 12/14, 12/21