



Stroke of the Week

11-Week tennis clinic taught by Head Pro, Chad Arado

About

Stroke of the week is a new clinic taught by Head Pro Chad Arado and focuses on a specific stroke each week. The clinic will begin by explaining the proper grip, and then breakdown the mechanical movement of the swing. Next, the stroke technique will be reinforced with shot-specific drills and rally practice. The Stroke of the Week clinic is a great opportunity for both beginners and advanced players to learn proper technique and expand their tennis arsenal.

Week of 3/25 - Volley/slice
Week of 4/1 - Ground strokes/topspin
Week of 4/8 - Serve: flat, slice, kick
Week of 4/22 - Return of serve
Week of 4/29 - Overheads and lobs (defense)
Week of 5/6 - Volley/transition (split step)
Week of 5/13 - Approach shot/stinger ball
Week of 5/20 - Hitting the ball on the rise
Week of 5/27 - Drop shot
Week of 6/3 - Serve/return
Week of 6/10 - Doubles formations ("i" formation)

Dates and Pricing

March 25 - June 15
(No class April 15 - 21)

At Our Court Tennis Club:

Wednesdays:

4:00pm - 5:00pm
5:00pm - 6:00pm

At River Valley Club:

Fridays:

1 - 2pm

\$20/class

\$8 guest fee for non-members

To register, contact the FITshop at **603-643-3627**

*Requires a minimum of 3 players to run