



WEYMOUTH  
CLUB

*More than Fitness... It's a Way of Life!*

# Adult Tennis Clinics

## 101 (Beginner)

This class is for the beginner player with very little tennis experience. The focus of the program will be on learning basic strokes, as well as the rules and etiquette of the game.

## 102 (Advanced Beginner)

Now that you have mastered the basics it's time to work on consistency, shot placement, aggressive net play and proper tactical patterns of play.

## 103 (Intermediate)

This class will focus on developing power and spin on your shots, and using slice and topspin. Specialty shots such as drop shots and lobs will also be covered.

## 104 (Advanced)

Let our top professional staff run you through a series of intense drills. Drills will focus on taking both your singles and doubles game to the next level.

## 50/50 Cardio Tennis

This class is 45 minutes of cardio tennis followed by 45 minutes of advanced/intermediate tennis instruction.

For More Information & Registration Click Image  
or Call: 781-682-5861 **Or Email: Tobias Clemens**  
**[tclemens@weymouthclub.com](mailto:tclemens@weymouthclub.com)**