

# March 2017

## Adult Tennis Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1     50/50 Clinic 7-8:30pm	2 L. Singles 9:30-11 Cardio 9:30-10:30am   105 Adult 7:00-8:30pm	3  Serve & More 9:30-10:30 am   <b>Round Robin</b>	4  Cardio 9:30-10:30am   101 Adult 10:30-12:00
5 Cardio 9:00-10:00am  Advanced Singles 9-10:30am	6 102 Adult 9:30-11:00am  102 Adult 7-8:30pm 101 Adult 7-8:30pm	7 103 Adult 9:30-11am   102 Adult 6:30-8:00pm	8     50/50 Clinic 7-8:30pm	9 L. Singles 9:30-11 Cardio 9:30-10:30am   105 Adult 7:00-8:30pm	10  Serve & More 9:30-10:30 am	11 Cardio 9:30-10:30am   101 Adult 10:30-12:00
12 Cardio 9:00-10:00am Adult Fast Track 10-11a  Advanced Singles 9-10:30am	13 102 Adult 9:30-11:00am  102 Adult 7-8:30pm 101 Adult 7-8:30pm	14 103 Adult 9:30-11am   102 Adult 6:30-8:00pm	15     50/50 Clinic 7-8:30pm	16 L. Singles 9:30-11 Cardio 9:30-10:30am   105 Adult 7:00-8:30pm	17  Serve & More 9:30-10:30 am   <b>Round Robin</b>	18 Cardio 9:30-10:30am   101 Adult 10:30-12:00
19 Cardio 9:00-10:00am Adult Fast Track 10-11a  Advanced Singles 9-10:30am	20 102 Adult 9:30-11:00am  102 Adult 7-8:30pm 101 Adult 7-8:30pm	21 103 Adult 9:30-11am   102 Adult 6:30-8:00pm	22     50/50 Clinic 7-8:30pm	23 L. Singles 9:30-11 Cardio 9:30-10:30am   105 Adult 7:00-8:30pm	24  Serve & More 9:30-10:30 am	25 Cardio 9:30-10:30am   101 Adult 10:30-12:00
26 Advanced Singles 9-10:30am Adult Fast Track 10-11a  Cardio 11:00-12:00pm	27 102 Adult 9:30-11:00am  102 Adult 7-8:30pm 101 Adult 7-8:30pm	28 103 Adult 9:30-11am   102 Adult 6:30-8:00pm	29 102 Adult 9:00-10:30am   50/50 Clinic 7-8:30pm 105 Adult 7:00-8:30pm	30 L. Singles 9:30-11 Cardio 9:30-10:30am   105 Adult 7:00-8:30pm	31  Serve & More 9:30-10:30 am   <b>Round Robin</b>	

### 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 (Intermediate)

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 (Advanced 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.

## Ladies 3.0-3.5 Singles Clinics

If you are serious about your game and are looking for a way to increase your level of tennis in the upcoming season, this clinic is ideal for you! Develop sound tennis singles strategy in order to become a smarter player on the tennis court.

**Thursdays 9:30-11 or Thursdays 7-8:30pm**



**WEYMOUTH CLUB**

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

**For more information or to register,  
contact Tobias at  
tclemens@weymouthclub.com  
781-682-5861**

## Doubles Drop-In

This dynamic play action format clinic will focus on priorities and positions, offense/defense aspects, as well as general considerations that affect the quality of your doubles game.

**Thursday 10:30pm-12:00pm**

## Serve & More

This clinic is formatted to focus on player's serves and the shots surrounding the serve. Players will develop their return, serve and volley and doubles play.

**Friday 9:30-10:30am**



**New session of Adult Clinics start  
March 26th!**

**Register with Tobias today at:  
tclemens@weymouthclub.com**

