



LJCC Adult Tennis Programs

Adult Open Clinic

This clinic is open to all level to enjoy. Classes consist of drills and match play to work on sharpening and strengthening skills. Classes are attended by beginner through advanced players so there is a chance to meet a diverse group, challenge yourself, or help a friend learn.

Friday 9:30 AM – 11 AM \$18 MVP/\$24 non-member

Beginner Adult Clinic

Classes are designed for the beginner player to build their confidence on the court. Drills and match play are used to sharpen skills and increase your chances of success. The class focuses on doubles play and you will learn proper positioning and tactics to be successful with your partner. No need to bring a partner, players can get paired up upon arrival.

Tuesday & Thursday 9 AM – 11 AM \$18 MVP/\$24 non-member

Fit Tennis (Cardio)

This is a tennis class with an emphasis on the workout! High intensity drills will keep you moving regardless of your tennis ability or fitness level. Cardio drills are mixed in with tennis drills and strokes to keep you heart rate up, and your tennis skills improving.

Wednesday & Friday 8:15 AM – 9:15 AM \$18 MVP/\$24 non-member

Intermediate/Advanced Adult Clinic

Intermediate Clinic is designed for ladies that have reached a 3.5 NTRP level or higher, have been participating in league play, and are ready to step up their game. Classes consist of drills and match play to sharpen both strokes and mind. The class focuses on doubles play but no need to bring a partner with you.

Monday & Wednesday 9:30 AM – 11 AM \$18 MVP/\$24 non-member

Doubles Strategy Co-ed

This is an advanced co-ed class for those who want to improve their doubles play. Classes will cover all aspects of the doubles game and each player's responsibility on the court. Each class will work on court positioning using drills and points to sharpen your minds and strengthen your body. Recommended players be at least 3.5 NTRP rating for this class.

Wednesday 6:30 PM – 7:30 PM \$18 MVP/\$24 non-member



LJCC Adult Private Tennis Lessons

Individual Fee \$56 per hour
 \$30 per half hour

Series Fee: \$280 – 6 one hour lessons
 \$150 – 6 half hour lessons

Group Lessons

*All group lessons are half hour

2 Students	\$30 per person
3 Students	\$20 per person
4 Students	\$18 per person
5 Students	\$14 per person
6 Students	\$12 per person

*Rates Subject to change

*Requires 12 hour cancellation

Dale Clark, USPTA Elite Tennis Professional

dclark@bhamjcc.org

205-510-9014