

# November Tennis Clinic Schedule



pctennis

[www.parkcitytennis.org](http://www.parkcitytennis.org)

435-615-5401

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

10:30-12:00pm  
Beginner-2.0 Clinic

9-10:30am  
3.0 Open Clinic

9-10:30 am  
4.0/4.5 Open  
Clinic

9-10am  
Cardio Tennis  
Level: 2.5-3.5

9-10:30am  
2.5 Open Clinic

10:30-12:00pm  
Beginner-2.0 Clinic

9-10:30am  
3.5 Open Clinic

10-11:00am  
3.0-3.5  
Technique Clinic

10-11am  
Superdrill  
2.5+

11-12pm  
Live Ball  
Level: 2.5-3.5

3:00-4:30pm  
Yellow Ball  
Ages: 14-17

3:00-4:30pm  
Yellow Ball  
Ages: 14-17

12-1:00pm  
Advanced  
Superdrill

4:30-5:15pm  
Red Ball 1  
Ages: 4-5

4:30-5:15pm  
Red Ball 1  
Ages: 4-5

4:30-5:15pm  
Red Ball 1  
Ages: 4-5

5:15-6pm  
Red Ball 2  
Ages: 6-7

5:15-6pm  
Red Ball 2  
Ages: 6-7

5:15-6pm  
Red Ball 2  
Ages: 6-7

4:30-5:30pm  
Orange Ball  
Ages: 8-10

4:30-6pm  
Green Ball  
Ages: 11-13

4:30-5:30pm  
Orange Ball  
Ages: 8-10

4:30-6pm  
Green Ball  
Ages: 11-13

6-7pm  
Live Ball  
Level: 3.0+

6-7:30pm  
Beginner Skills  
and Drills

6-7pm  
Intermediate  
Superdrill

6-7:30pm  
2.0 Open Clinic

- Clinics are pre-registration only, no drop-ins.
- Visit our online registration portal at [parkcityrecreation.org](http://parkcityrecreation.org) to sign up for tennis programs!

Court reservations available online at [parkcitymarc.playbypoint.com](http://parkcitymarc.playbypoint.com)

# Class Descriptions

- Clinic registration is available online by visiting [www.parkcitytennis.org](http://www.parkcitytennis.org)
  - Pro reserves the right to move patrons up or down depending on tennis ability.
  - Day of availability cannot be guaranteed, advance registration is highly recommended.
  - 1.5 hr clinics with 3+ registered players will run allotted time. 2 players will run 1 hr, 1 player, 30 min. 1 hr clinics with 3+ will run allotted time. 2 players will run for 45 min. 1 player, 30 min.
  - Clinic cancellations made more than 48 hours in advance will receive a full refund. Cancellations inside of 48 hours are non-refundable.
- Call the Tennis Office at 435-615-5429 with any other tennis related questions

## **2.5 open clinic**

This clinic is the next step after moving up from our Adult Beginner Skills & Drills clinic. In this clinic you will continue to work on your technique and learn the beginning stages of strategy in point play with the instruction of a pro. All of our adult programs that include a ranking (2.5, 3.0, 3.5, 4.0) reflect the NTRP ranking system which can be found [here](#).

## **2.5 Cardio Tennis**

Cardio Tennis is a high energy group fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, using tennis drills and games to deliver the ultimate, full body, calorie burning aerobic workout.

## **3.0/3.5 Open clinic**

The 3.0/3.5 open clinic is the next step after moving up from our 2.5 clinic. In this clinic you will be practicing drills, games and point play centered around doubles play.

## **3.0+ 105 Clinic**

This game is not only a workout and a ton of fun, but it will also improve your tennis game by encouraging you to practice being aggressive at the net, improving your overall net game, helping you develop a reliable backhand volley, and executing deep lobs effectively.

## **3.0/3.5 Technique**

In the 3.0/ 3.5 Technique clinic we will be covering the first two steps of the six steps in the learning sequence - technique and footwork. These steps will involve proper tennis grips for ground strokes, volleys and serves. The drill will evolve into proper stroke production and movement which will enable the participants to understand the geometry of the tennis court while also learning how to manage time more efficiently. This drill will serve as the foundation towards building and understanding the remainder of the six-step process.

## **4.0 open clinic**

The 4.0 clinic is for our advanced players who are looking for singles and doubles strategy through point play experience.

## **Beginner skills and drills**

The Beginner Skills and Drills class is great for patrons who are new to tennis or trying to get back into it. Come hit with a pro and fellow tennis players to work on basic technique, rules and strategy in a fun, energetic environment.

## **Live Ball Clinics**

Live Ball Clinics are divided by respective levels. These focus heavily on technique, directional control, rallying and net play. You'll receive instruction on shot selection, positioning, and recovery while participating in fast-paced drills, helping you to elevate your game to the next level.