

KIWANIS PARK TENNIS DRILLS

Improve all of your tennis skills and learn to play like the pros! The drills are designed to help you improve your technique for the following shots that you will encounter in competitive tennis: forehands, backhands, volleys, half-volleys, overheads, and serves. Emphasis will be placed on proper technique including back-swing, footwork, racket face control, and follow through, plus improving your court positioning. We will also focus on avoiding injuries and building stamina. "Tennis is more fun when you are improving," so bring your racket and raise your skill level! All drills will include games and competition to put your new strokes to the test. Drills led by Mike Wilson, a P.T.R. Certified Instructor and an A.C.E. Certified Personal Trainer.

Day: Saturday
Date: Session I: September 2 – 23 Course Code: 17520
 Session II: October 28 & 29 Course Code: 17521
 Session III: November 4 – 25 Course Code: 17522
 Session IV: December 2 – 30 Course Code: 17523
Time: Session I: 6:00 p.m.– 7:00 p.m.
 Session II, III, IV: 5:00 p.m. – 6:00 p.m.
Fee: Session I, III, IV: \$40 per session (resident) \$60 per session (non-resident)
 Session II: \$20 per session (resident) \$30 per session (non-resident)
Age: 13 & Older
Location: Kiwanis Tennis Courts

QUICKSTART TENNIS

Is an exciting format for learning tennis developed by the United States Tennis Association. It is designed to bring kids/youth in to the game by adapting the equipment, court dimensions and the scoring to the age, skill, and size of children just like other youth sports. Each class will include movement activities and progressive skill development to learn forehands, backhands, and serves in fun and exciting ways.

Youth Only: Bring a tennis racquet to each class and bring an unopened can of tennis balls to the first class only.

PEE WEE TENNIS TUESDAYS

Day: Tuesday
Date: Session I: Sept. 5 – Sept. 26 Course Code: 17524
 Session II: Oct. 3 – Oct. 24 Course Code: 17525
 Session III: Oct. 31 – Nov. 28 Course Code: 17526
(NO CLASS THANKSGIVING WEEK)
Time: 6:00 p.m. – 6:45 p.m.
Fee: \$45 per session (resident) \$67.50 per session (non-resident)
Age: 4–7 years old
Location: Kiwanis Tennis Courts



YOUTH TENNIS TUESDAYS

Day: Tuesday
Date: Session I: Sept. 5 – Sept. 26 Course Code: 17527
 Session II: Oct. 3 – Oct. 24 Course Code: 17528
 Session III: Oct. 31 – Nov. 28 Course Code: 17529
(NO CLASS THANKSGIVING WEEK)
Time: 7:00 p.m. – 8:00 p.m.
Fee: \$45 per session (resident) \$67.50 per session (non-resident)
Age: 8–12 years old
Location: Kiwanis Tennis Courts

YOUTH TENNIS THURSDAYS

Day: Thursday
Date: Session I: Sept. 7 – Sept. 28 Course Code: 17530
 Session II: Oct. 5 – Oct. 26 Course Code: 17531
 Session III: Nov. 2 – Nov. 30 Course Code: 17532
(NO CLASS THANKSGIVING WEEK)
Time: 5:00 p.m.– 6:00 p.m.
Fee: \$45 per session (resident) \$67.50 per session (non-resident)
Age: 8–12 years old
Location: Kiwanis Tennis Courts



PEE WEE TENNIS THURSDAYS

Day: Thursday
Date: Session I: Sept. 7 – Sept. 28 Course Code: 17533
 Session II: Oct. 5 – Oct. 26 Course Code: 17534
 Session III: Nov. 2 – Nov. 30 Course Code: 17535
(NO CLASS THANKSGIVING WEEK)
Time: 6:00 p.m. – 6:45 p.m.
Fee: \$45 per session (resident) \$67.50 per session (non-resident)
Age: 4–7 years old
Location: Kiwanis Tennis Courts