

## KIWANIS PARK TENNIS DRILLS

Improve all 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 1 & September 8  
 Session II: October 13 – October 27  
 Session III: November 3 – November 24  
 Session IV: December 1 – December 29  
**Time:** Session I & II: 7:00 p.m. – 8:00 p.m.  
 Session III & IV: 6:00 p.m. - 7:00 p.m.  
**Fee:** Session I: \$20 per session (resident) \$30 per session (non-resident)  
 Session II: \$30 per session (resident) \$45 per session (non-resident)  
 Session III: \$40 per session (resident) \$60 per session (non-resident)  
 Session IV: \$50 per session (resident) \$75 per session (non-resident)  
**Age:** 13 & Older  
**Location:** Kiwanis Tennis Courts

**Course Code:** 18426  
**Course Code:** 18427  
**Course Code:** 18428  
**Course Code:** 18429

## QUICKSTART TENNIS

This is an exciting format for learning tennis developed by the United States Tennis Association. It is designed to bring kids/youth into 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 TUESDAY CLASSES

**Day:** Tuesday  
**Date:** Session I: September 4 – September 25  
 Session II: October 2 – October 23  
 Session III: October 30 – November 27  
 \*No class November 20\*  
**Time:** 6:00 p.m. – 6:45 p.m.  
**Fee:** \$50 per session (resident) \$75 per session (non-resident)  
**Age:** 4 - 7 years old  
**Location:** Kiwanis Tennis Courts

**Course Code:** 18430  
**Course Code:** 18431  
**Course Code:** 18432

### YOUTH TENNIS TUESDAY CLASSES

**Day:** Tuesday  
**Date:** Session I: September 4 – September 25  
 Session II: October 2 – October 23  
 Session III: October 30 – November 27  
 \*No class November 20\*  
**Time:** 7:00 p.m. – 8:00 p.m.  
**Fee:** \$50 per session (resident) \$75 per session (non-resident)  
**Age:** 8 - 12 years old  
**Location:** Kiwanis Tennis Courts

**Course Code:** 18433  
**Course Code:** 18434  
**Course Code:** 18435



### PEE WEE TENNIS THURSDAY CLASSES

**Day:** Thursday  
**Date:** Session I: September 6 – September 27  
 Session II: October 4 – October 25  
 Session III: November 1 – November 29  
 \*No class November 22\*  
**Time:** 6:15 p.m. – 7:00 p.m.  
**Fee:** \$50 per session (resident) \$75 per session (non-resident)  
**Age:** 4 - 7 years old  
**Location:** Kiwanis Tennis Courts

**Course Code:** 18436  
**Course Code:** 18437  
**Course Code:** 18438

### YOUTH TENNIS THURSDAY CLASSES

**Day:** Thursday  
**Date:** Session I: September 6 – September 27  
 Session II: October 4 – October 25  
 Session III: November 1 – November 29  
 \*No class November 22\*  
**Time:** 5:00 p.m. – 6:00 p.m.  
**Fee:** \$50 per session (resident) \$75 per session (non-resident)  
**Age:** 8 - 12 years old  
**Location:** Kiwanis Tennis Courts

**Course Code:** 18439  
**Course Code:** 18440  
**Course Code:** 18441

