

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, racquet 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 racquet 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: Saturdays
Date: Session I: January 7 - 28 **Course Code: 17032**
 Session II: February 4 - 25 **Course Code: 17033**
 Session III: March 4 - April 1 **Course Code: 17034**
 Session IV: April 8 - May 6 **Course Code: 17035**
Time: 5:00 p.m. - 6:00 p.m. (Session IV: 6:00 p.m. - 7:00 p.m.)
Fee: Session I: \$40 per session (resident) \$60 per session (non-resident)
 Session II: \$40 per session (resident) \$60 per session (non-resident)
 Session III: \$50 per session (resident) \$75 per session (non-resident)
 Session IV: \$50 per session (resident) \$75 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 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 TUESDAYS

Day: Tuesdays
Date: Session I: March 7 - 28 **Course Code: 17036**
 Session II: April 11 - May 2 **Course Code: 17037**
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: Tuesdays
Date: Session I: March 7 - 28 **Course Code: 17038**
 Session II: April 11 - May 2 **Course Code: 17039**
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: Thursdays
Date: Session I: March 9 - 30 **Course Code: 17040**
 Session II: April 13 - May 4 **Course Code: 17041**
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: Thursdays
Date: Session I: March 9 - 30 **Course Code: 17042**
 Session II: April 13 - May 4 **Course Code: 17043**
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