

## 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: January 6, 13  
Session II: February 3 - 24  
Session III: March 3 - 31

**Course Code:** 18023

**Course Code:** 18024

**Course Code:** 18025

**Time:** 5:00 p.m. – 6:00 p.m.

**Fee:** Session I: \$20 (resident) \$30 (non-resident)  
Session II: \$40 (resident) \$60 (non-resident)  
Session III: \$50 (resident) \$75 (non-resident)

**Age:** 13 & Older

**Location:** Kiwanis Tennis Courts

## QUICKSTART TENNIS DRILLS

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.

## PEE WEE TENNIS TUESDAYS

**Day:** Tuesday

**Date:** Session I: March 6 – 27  
Session II: April 10 – May 1

**Course Code:** 18026

**Course Code:** 18027

**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: March 6 - 27  
Session II: April 10 - May 1

**Course Code:** 18028

**Course Code:** 18029

**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: March 8 – 29  
Session II: April 12 – May 3

**Course Code:** 18030

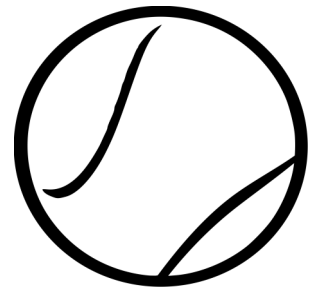
**Course Code:** 18031

**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: March 8 – 29  
Session II: April 12 – May 3

**Course Code:** 18032

**Course Code:** 18033

**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