

September 2024	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 1: Groundstrokes (Forehand & Backhand) (All Classes Subject to changes)	1. • 8:00 AM: Fundamentals Clinic <i>–Forehand Basics</i> • 9:00 AM: Intermediate Clinic – <i>Groundstroke Consistency</i> • 10:00 AM: Advanced Clinic – <i>Forehand Directional Control</i>	2. • 8:15 AM: Fundamentals Clinic – <i>Forehand Form & Follow-through</i> • 9:00AM: Intermediate Clinic - Backhand Technique & footwork • 7:00 PM: Intermediate/Advanced Combo – <i>Groundstroke Strategy</i>	3. • 7:15 AM: Fundamentals 2.0 – <i>Backhand Basics</i> • 6:00 PM: Intermediate Clinic – <i>Forehand Power + Accuracy</i>	4. • 7:15 AM: Intermediate Clinic – <i>Forehand + Backhand Practice</i> • 8:15 AM: Fundamentals Clinic - <i>Groundstroke Drills (Target & positioning)</i> • 6:00 PM: Cardio Tennis – <i>Groundstroke & Volley Workout</i>	5. • 7:15 AM: Fundamentals 2.0 – <i>Groundstroke Footwork and agility</i> • 6:00 PM: Intermediate Clinic – <i>Backhand Depth</i> • 7:00 PM: Advanced Clinic – <i>Advanced Forehand & Backhand Grind</i>	6. • 7:15 AM: Intermediate/Advanced Combo – <i>Baseline Groundstroke Point Play (Singles)</i>	7. • 8:00 AM: Fundamentals Clinic – <i>Forehand Basics</i> • 9:00 AM: Intermediate Clinic – <i>Groundstroke Positioning & Target</i>
Week 2: Net Play and Volleys (Including Overheads) (All Classes Subject to changes)	8. • 8:00 AM: Fundamentals Clinic <i>–Intro to Volleys</i> • 9:00 AM: Intermediate Clinic – <i>Forehand/Backhand Volleys</i> • 10:00 AM: Advanced Clinic – <i>Reaction Volleys + Overheads</i>	9 • 7:15 AM: Intermediate Clinic – <i>Net Play Preparation</i> • 8:15 AM: Fundamentals Clinic – <i>Volley Basics</i> • 7:00 PM: Intermediate/Advanced Combo – <i>Volley Control</i>	10. • 7:15 AM: Fundamentals 2.0 <i>–Volley Footwork</i> • 6:00 PM: Intermediate Clinic <i>–Transition to Net Play</i>	11. • 7:15 AM: Intermediate Clinic <i>–Approach Shots + Volleys</i> • 8:15 AM: Fundamentals Clinic <i>–Volley Practice</i> • 6:00 PM: Cardio Tennis – <i>Ground Stroke & Volley Drills</i>	12 • 7:15 AM: Fundamentals 2.0 – <i>Overhead Basics</i> • 6:00 PM: Intermediate Clinic – <i>Volley Angles + Targets</i> • 7:00 PM: Advanced Clinic – <i>Net Play Strategy</i>	13. • 7:15 AM: Intermediate/Advanced Combo – <i>Volley Power & Placement</i>	14. • 8:00 AM: Fundamentals Clinic <i>–Volley Basics</i> • 9:00 AM: Intermediate Clinic – <i>Volley + Point Play</i>
Week 3: Serves + Serve Workshop (All Classes Subject to changes)	15. • 8:00 AM: Fundamentals Clinic <i>–Basic Serve Techniques</i> • 9:00 AM: Intermediate Clinic – <i>Serve Consistency</i> • 10:00 AM: Advanced Clinic – <i>Serve Power + Placement</i>	16. • 7:15 AM: Intermediate Clinic – <i>Flat Serve vs. Spin Serve (Targets)</i> • 8:15 AM: Fundamentals Clinic – <i>Serve Mechanics</i> • 7:00 PM: Intermediate/Advanced Combo – <i>Serve Strategy</i>	17. • 7:15 AM: Fundamentals 2.0 <i>–Serve Toss Drills</i> • 6:00 PM: Intermediate Clinic <i>–Serve and Return Focus</i>	18. • 7:15 AM: Intermediate Clinic <i>–Ground Stroke & Serves, Point Play</i> • 8:15 AM: Fundamentals Clinic <i>–Serve Practice</i> • 6:00 PM: Cardio Tennis <i>–Ground Strokes & Overheads Workout</i>	19. • 7:15 AM: Fundamentals 2.0 – <i>Serve and Return Basics</i> • 6:00 PM: Intermediate Clinic – <i>Serving Under Pressure</i> • 7:00 PM: Advanced Clinic – <i>Advanced Serve Workshop & Match Play (limited spots)</i>	20. • 7:15 AM: Intermediate/Advanced Combo –Point Play	21. • 8:00 AM: Fundamentals Clinic <i>–Serve Intro Workshop</i> • 9:00 AM: Intermediate Clinic – <i>Serve + Return Workshop/Doubles play (2 hours)</i>

September 2024	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Week 4: Balance, Agility + Point Play & Doubles Play (All Classes Subject to changes)	22. • 8:00 AM: Fundamentals Clinic –Agility for Beginners • 9:00 AM: Intermediate Clinic – <i>Footwork & Agility for Point Play</i> • 10:00 AM: Advanced Clinic – <i>Advanced Balance + Court Movement</i>	23. • 7:15 AM: Intermediate Clinic – <i>Footwork for Balance</i> • 8:15 AM: Fundamentals Clinic – <i>Intro to Point Play</i> • 7:00 PM: Intermediate/Advanced Combo – <i>Point Play Strategy</i>	24. • 7:15 AM: Fundamentals 2.0 –Agility Drills • 6:00 PM: Intermediate Clinic – <i>Point Play Practice</i>	25. • 7:15 AM: Intermediate Clinic – <i>Balance + Footwork</i> • 8:15 AM: Fundamentals Clinic – <i>Point Play Basics</i> • 6:00 PM: Cardio Tennis – <i>Agility Focus</i>	26. • 7:15 AM: Fundamentals 2.0 – <i>Point Play + Agility</i> • 6:00 PM: Intermediate Clinic – <i>Doubles Point Play</i> • 7:00 PM: Advanced Clinic – <i>Doubles Play + Strategy</i>	27. • 7:15 AM: Intermediate/Advanced Combo – <i>Doubles Play Techniques</i>	28. • 8:00 AM: Fundamentals Clinic – <i>Intro to Doubles Play</i> • 9:00 AM: Intermediate Clinic – <i>Doubles Point Play</i>
	29 • 8:00 AM: Fundamentals Clinic – <i>Review of Groundstrokes + Volleys</i> • 9:00 AM: Intermediate Clinic – <i>Match Play Practice</i> • 10:00 AM: Advanced Clinic – <i>Advanced Match Play Strategy</i>	30 • 7:15 AM: Intermediate Clinic – <i>Serve and Return</i> • 8:15 AM: Fundamentals Clinic – <i>Match Play Basics</i> • 7:00 PM: Intermediate/Advanced Combo – <i>Serve & Return Strategy</i>	1. • 7:15 AM: Fundamentals 2.0 – <i>Wrap-Up Groundstrokes</i> • 6:00 PM: Intermediate Clinic – <i>Game Play Focus</i>	2. • 7:15 AM: Intermediate Clinic – <i>Volleys & Net Play Wrap-Up</i> • 8:15 AM: Fundamentals Clinic – <i>Final Volley Practice</i> • 6:00 PM: Cardio Tennis – <i>Point Play Workout</i>	3. • 7:15 AM: Fundamentals 2.0 – <i>Final Serve & Return Practice</i> • 6:00 PM: Intermediate Clinic – <i>Game Play & Strategy</i> • 7:00 PM: Advanced Clinic – <i>Final Doubles Play Workshop</i>	4. • 7:15 AM: Intermediate/Advanced Combo – <i>Final Match Play</i>	5. • 8:00 AM: Fundamentals Clinic – <i>Match Play & Groundstrokes Practice</i> • 9:00 AM: Intermediate Clinic – <i>Point Play & Final Wrap-Up</i>