Tennis Intro
Designed for the novice player, participants will work on the ball control objectives of direction, trajectory and depth. Forehand, backhand, volley and service strokes will be featured, with the emphasis on teaching the participant to keep the ball in play. Basic rules will also be covered. All equipment is provided.

Tennis Inter
The ball objectives featured in Tennis Intro will be reviewed, along with the introduction of spin. Approach shots, lobs and overheads will be added to the participants’ repertoire of strokes. An introduction to basic court strategies will also be included. Racquets are provided. All equipment is provided.

Tennis Advanced
Designed for the more experienced player, classes will be conducted on the drill format. All ball control objectives will be featured, including that of power. Advanced court strategies will be covered in this fast paced, challenging class. All equipment is provided.