



WSC Tennis - Program Descriptions

Adult Recreation

Adult Beginner

Adult Beginner clinics are group lessons designed to cover fundamentals and techniques for all strokes in tennis - FH, BH, Volleys, Overheads & Serves. Players will learn the importance of the rally and keeping balls in play. The goal for every 2.0 Player will be to rally a ball an average of 4-6 times with a peer at a slow to medium pace. Players will also learn the basic grip variations for tennis strokes and when to use them.

Adult Intermediate

3.5 Clinics are group lessons that focus heavily on stroke mechanics, rallying and net play. Players will spend time on refining their swing shape, offensive vs defensive shot-marking and advanced footwork patterns. Rallying with peer a minimum of 12-15 times per ball at a medium to fast pace is the goal to allow players to continue on to Adult Advanced and gain a higher NTRP rating.

Adult Advanced

Adult Advanced Clinics are group lessons that primarily focus on point play, strategy, and higher-level mechanics. Players will spend time playing a variety of points that focus on both singles and doubles. Various strategies and footwork will be instructed. Players will be expected to rally 12-15 times and demonstrate a variety of spins and ball control.