

FALL 2017 TENNIS CLINICS

OFFERED BY NATHAN WELDEN and STEVE THOM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Competitive Junior 12-18 years 2:00-3:30 pm Steve & Nathan Starts 9/10	Rallying Rattlers Red Ball 6-10 years 4-5 pm Nathan & Steve Starts 9/11	Rising Stars Green Ball 8-11 years 4-5:30 pm Nate Starts 9/12 Tuesdays/Thursdays	Rising Stars Red/Orange Ball 7-11 years 4-5:30 pm Nathan & Steve Starts 9/13	Competitive Green Ball 8-11 years 4-5:30 pm Nate
Adult Tennis 3.0-4.5 4:00-5:30 Nathan & Steve Starts 9/10	Tweener JR. High Green Ball 9-13 years 5-6:30 pm Nathan & Steve Starts 9/11	Rising Stars Yellow Ball 9-13 years 4-5:30 pm Steve Starts 9/12 Tuesdays/Thursdays	Adult 3.5+ 6-7:30 pm Nathan & Steve Starts 9/13	Competitive Yellow Ball 9-13 years 4-5:30 pm Steve
		Adult 3.0-3.5 6-7:30 pm Nathan & Steve Starts 9/12		

Nathan Welden 619-402-8133 fletcherhillstennis@yahoo.com	Stephen Thom 619-402-8133 stephencthom@gmail.com
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Competitive Junior w/ Nathan and Steve. 12-18 years (YELLOW BALL). Starts September 10th 2-3:30. 8 classes \$160.</p> <p>This clinic is offered to competitive high school players and will focus on competitive games and drills preparing athletes for singles and doubles play. Ratio is 7:1. stephencthom@gmail.com 619-402-8133</p>	<p>Rallying Rattlers w/ Nathan and Steve 6-10 years (RED BALL) Starts September 11th, 4-5 PM 8 classes \$120.</p> <p>Ideal for young beginners, this clinic is designed for plaers interested in learning the basics. The class focuses on ball control, footwork, and rallying on the 36-foot red ball court. Ratio is 7:1. fletcherhillstennis@yahoo.com 619-920-9052</p>	<p>Rising Stars w/Nathan. 8-10 years (Green Ball). Starts September 12th. 4-5:30 Tuesdays/Thursdays. 16 classes \$275.</p> <p>Ideal for advanced players looking to get involved in competitive tennis. Class focuses on fitness, competitive drills, and singles and doubles strategy. Ratio is 7:1. fletcherhillstennis@yahoo.com 619-920-9052</p>	<p>Rising Stars Red/Orange Ball w/ Nathan and Steve. 7-10 years. Starts September 13th 4-5:30. 8 classes \$160.</p> <p>This clinic is ideal for young athletes with basic strokes whom are able to rally on the 36- foot court (red ball) and 60-foot court (orange ball). Class focuses on ground strokes, volleys, serves, score keeping, and singles and doubles strategy. Ratio is 7:1. stephencthom@gmail.com 619-402-8133</p>	<p>Rising Stars w/Nathan. 8-10 years (Green Ball). Starts September 12th. 4-5:30 Tuesdays/Thursdays. 16 classes \$275.</p> <p>Ideal for advanced players looking to get involved in competitive tennis. Class focuses on fitness, competitive drills, and singles and doubles strategy. Ratio is 7:1. fletcherhillstennis@yahoo.com 619-920-9052</p>
<p>Adult 3.0-4.5 with Nathan and Steve. Starts September 10th 4-5:30. 8 classes \$160.</p> <p>This clinic is offered to adult 3.0-4.5. level players. With 4 courts of drills, competition, strategy, and game play, we will find the group to fit your playing level. Come out to the club to meet fellow players and further grow our local tennis community. fletcherhillstennis@yahoo.com 619-920-9052</p>	<p>Tweener Middle School w/Nathan and Steve. 9-13 years (GREEN and YELLOW BALL). Starts September 11th, 5-6:30 PM 8 classes \$160.</p> <p>Class focuses on fundamentals with the green ball and yellow ball. This clinic is designed to prepare players for high school tennis with an emphasis on doubles play and serving. Ratio is 7:1. stephencthom@gmail.com 619-402-8133</p>	<p>Rising Stars w/ Steve. 9-13 years (YELLOW BALL). Starts September 12th. 4-5:30 Tuesdays/Thursdays. 16 classes \$275.</p> <p>Ideal for advanced players looking to get involved in competitive tennis. Class focuses on fitness, competitive drills, and singles and doubles strategy. Ratio is 7:1. stephencthom@gmail.com 619-402-8133</p>	<p>Adult 3.5+ with Nathan and Steve. Starts September 13th. 6-7:30, \$160 for 8 classes.</p> <p>Ideal for competitive players looking to improve their doubles and singles play. Come out and meet other players from the club and in the community. fletcherhillstennis@yahoo.com 619-920-9052</p>	<p>Rising Stars w/ Steve. 9-13 years (YELLOW BALL). Starts September 12th. 4-5:30 Tuesdays/Thursdays. 16 classes \$275.</p> <p>Ideal for advanced players looking to get involved in competitive tennis. Class focuses on fitness, competitive drills, and singles and doubles strategy. Ratio is 7:1. stephencthom@gmail.com 619-402-8133</p>
		<p>Adult 3.0+ w/ Nathan and Steve. Starts September 13th, 6-7:30 PM. 8 classes \$160.</p> <p>Looking to get back into tennis? This is the clinic for you! We will focus on stroke production, movement, drills, and fun social games. Come out and meet your local tennis community. Ratio is 7:1. stephencthom@gmail.com</p>		

Fall 2017 Tennis Clinics Offered by Danielle Dutton

Phone:(619)876-1530

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p style="text-align: center;">Cardio Tennis w/ Danielle Sundays 10:00-11:00am Adults only</p> <p>This high-energy, fitness based, tennis class offers benefits for both tennis players AND non-tennis players of all ages! Through the utilization of various training equipment, special tennis balls, and upbeat music, Cardio Tennis will not only increase your cardiovascular endurance, but enhance your tennis performance as well!</p>		<p style="text-align: center;">Cardio Tennis w/ Danielle Tuesdays 6:00-7:00pm Adults only</p> <p>This high-energy, fitness based, tennis class offers benefits for both tennis players AND non-tennis players of all ages! Through the utilization of various training equipment, special tennis balls, and upbeat music, Cardio Tennis will not only increase your cardiovascular endurance, but enhance your tennis performance as well!</p>		<p style="text-align: center;">Novice Middle School w/ Danielle Thursdays 3:30-4:30pm (ages 10-14)</p> <p>This clinic is designed for players interested in learning fundamentals. The class will focus on ball control, footwork, and rallying skills</p>
				<p style="text-align: center;">Intermediate Middle School Fridays 4:30-5:30 Ages 12-15</p> <p>This clinic is designed for intermediate players looking to play high school tennis. The class will focus on ball control, footwork, and doubles fundamentals.</p>