

# New Tennis Clinics for 2010

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## Power Doubles Play

**Wednesday 6:30-8:00pm**

**Cost: \$15 members / \$18 non-members**

Power doubles play will concentrate on intense match play, drill and strategies of the great game of doubles. (Limit of group size, 8 players Max)

Sign up in the tennis binder or contact Andrew Fearnside at 925. 443-7700 or

[Fearnside@lvtc.com](mailto:Fearnside@lvtc.com)

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## Tennis 101

**Thursday 7:00-8:00pm**

**Cost: \$60 members / \$70 non-members**

For the beginner and returning to tennis players. This is a four-week program every Thursday night. Sign up in the tennis binder or contact Andrew Fearnside at 925. 443-7700 or [Fearnside@lvtc.com](mailto:Fearnside@lvtc.com)

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## Cardio Tennis Drill Class

**Sunday 9:30-10:30am**

**Monday 6:30-7:30pm**

**Thursday 10:00-11:00am**

**Cost \$10 members / \$15 non-members**

Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Cardio Tennis is more fun than working out in a gym or other forms of exercise.

Sign up in the tennis binder at the front desk or contact Andrew Fearnside at (925) 443-7700 or [Fearnside@lvtc.com](mailto:Fearnside@lvtc.com)

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## The Peak Performance Clinic

**Sunday 10:30am-12:00pm**

**Cost: \$15 members / \$18 non-members**

Intense drills and skills for the more advanced players. Must be rated a 4.0 or above to play. Men and Women welcome.

Supervised match play included. Sign up in the tennis binder at the front desk or contact Andrew Fearnside at (925) 443-7700 or [Fearnside@lvtc.com](mailto:Fearnside@lvtc.com)

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## Men's Workout

**Thursday 7:00-8:30pm**

**Cost: \$15 members / \$18 non-members**

Pro fed and Hitting Drills / Footwork / Intensity / Doubles and Singles Point Play / Matches will be set up for those who would like to stay and play. This clinic is for 4.0 usta rated players and above. Sign up in the tennis binder at the front desk or contact Andrew Fearnside at (925) 443-7700 or [Fearnside@lvtc.com](mailto:Fearnside@lvtc.com)

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## Stroke of the Week Clinics

**Monday 7:30-8:30pm**

**Cost: \$15 members / \$18 non-members**

Join us for a one-hour clinic of solid analysis and correction for each stroke. We guarantee to improve your stroke in one hour! We cover proper techniques for all strokes in tennis. The class meets on court and decides what the primary and secondary stroke will be for that day. Sign up in the tennis binder at the front desk or contact Andrew Fearnside at (925) 443-7700 or [Fearnside@lvtc.com](mailto:Fearnside@lvtc.com)

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## Daytime Ladies Clinics

**A & B Level Play**

**Wednesday 9:00-10:30am**

**C Level Play**

**Friday 9:00-10:30am**

**Cost \$15 members / \$18 non-members**

Clinics will cover all aspect of play including doubles tactics, the best techniques for each individual, mental toughness & match play responsibilities.

Clinics will be run with an informal drop in format. For more information, please contact Andrew Fearnside at [Fearnside@lvtc.com](mailto:Fearnside@lvtc.com) or 925.443-7700.

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**If you have any questions regarding any of the LVTC Tennis clinics or programs, please feel free to call the Director of Tennis, Andrew Fearnside at 925. 443-7700 or email him at [Fearnside@LVTC.com](mailto:Fearnside@LVTC.com)**