



## ADULT TENNIS CLINIC SCHEDULE

### Daily 3.0-3.5/Intermediate Clinics

This daily clinic focuses on the fundamentals of the game and develops stroke techniques, rallying and match play.

#### Monday-Sunday

Morning: 9am-10am & 10am-11am

Afternoon: 2pm-3pm

Members: \$23 Guests: \$35

### 4.0+/Advanced Clinics

Fast paced drills and live ball that will help prepare your footwork, mindset and strategies for different scenarios in matches! Players should expect a quick warm up, live ball and point play each clinic!

#### Monday, Wednesday, Thursday & Saturday

(M/W) 6pm-7:30pm (Th) 9am-10:30am

(Sat) 9:30am-11am

Members: \$35 Guests: \$52

### Dynamic Doubles Clinics

#### 3.0 > 3.5 & 3.5 > 4.0

The Dynamic Doubles clinic will feature fast-paced drills and live ball games that will help prepare your footwork, mindset, and strategies for different scenarios in matches! Expect to challenge yourself and work up to that next level of your game. Players should expect a quick warm-up, live ball, and point play each clinic!

#### Monday & Tuesday

3.0 > 3.5: (M/T) 9:30-11am

3.5 > 4.0: (M) 11am-12:30pm

Members: \$35 Guests: \$52

### Cardio Tennis

Take your cardio routine out of the gym and onto the tennis court! Cardio tennis is a great workout for players of all abilities. Join our pros for a series of feeding, footwork drills and strength training.

#### Tuesday & Thursday

(T) 12-1pm

(Th) 8:30-9:30am, 6-7pm

Members: \$23 Guests: \$35

### Welcome to Tennis & Tennis 201

Designed for beginner adults, this series will provide you with the basic skills and knowledge to move forward with confidence in our tennis programs.

#### Wednesday, Friday & Saturday

Welcome to Tennis (W/F): 10am-11am,

(Sa): 11am-12pm

Tennis 201 (W/F): 11am-12pm, (Sa): 12pm-1pm

### Monday Theme Clinic

Start your week strong with our Monday Theme Clinic! Each session focuses on a specific stroke or tactical theme, such as forehands, backhands, volleys, serves, footwork, or match strategy, giving participants the opportunity to dive deep into one area of their game. With expert coaching, targeted drills, and situational play, you'll build consistency, confidence, and technique. Whether you're looking to sharpen a weakness or master a strength, this clinic is perfect for players ready to train with purpose and improve week by week

#### Monday

6:00-7:30pm

Members: \$35 Guests: \$52

24 hour cancellation fee on all clinics and lessons. Advanced registration required.

Register On:

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**OMNI**  
LA COSTA