

## Adult Clinic Descriptions

**Adult Beginner Skills and Drills:** The Adult Skills and Drills class is great for patrons who are new to tennis or trying to get back into it. Come hit with a pro and fellow tennis players to work on basic technique, rules and strategy in a fun, energetic environment.

**2.5 Open Clinic:** This clinic is a continuation of our adult beginner clinic. In this clinic you will continue to work on your technique and learn the beginning stages of strategy in point play with the instruction of a pro.

**3.0/3.5 Open clinic:** Our 3.0/3.5 clinic is a continuation of our 2.5 clinic. In this clinic you will be practicing drills, games and point play centered around doubles play.

**3.0/ 3.5 Technique Clinic:** Description: In this particular drill, we will be covering the first two steps of the six steps in the learning sequence - technique and footwork. These steps will involve proper tennis grips for ground strokes, volleys and serves. The drill will evolve into proper stroke production and movement which will enable the participants to understand the geometry of the tennis court while also learning how to manage time more efficiently. This drill will serve as the foundation towards building and understanding the remainder of the six step process.

**4.0 Clinic (Invite Only):** The 4.0 clinic offers high level strategy practice through live ball and feeding drills.

**HIIT Tennis:** This is a high intensity workout by working cardio tennis into the hour long class. This clinic will include feeding drills to build consistency in your tennis game.

**Superdrill:** This is a fast paced clinic in which the players utilize ball machine drills for more repetitive technique practice. The pro will instruct you on sound, fundamental stroke techniques while you swing your way to your best shot.

**PCWITL:** Park City Women's Intra Tennis League. This program is by invite only. In this league you will be assigned a partner and a court to play out a doubles match. If you are interested in joining in on this clinic, contact [Hannah.shephard@parkcity.org](mailto:Hannah.shephard@parkcity.org).

\*USTA League Teams are available. If you are interested in playing on a league team please contact Hannah Shepard at [Hannah.shephard@parkcity.org](mailto:Hannah.shephard@parkcity.org)

Clinics listed above are open to players who pre-register for the session. Drop in availability will depend on the number of weekly sign-ups. Drop in clinic prices vary based on length and format.

Please call the front desk at 435-615-5401 to sign up for drop in at least 24 hours prior to each clinic. Team workouts available to current USTA rated players only. Schedule is subject to change.

Details and class descriptions available at [www.parkcitytennis.org](http://www.parkcitytennis.org)