



## 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!

#### Wednesday & Thursday

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

Members: \$35 Guests: \$52

### Level Up Doubles Clinic 3.0 & 3.5

Doubles specific clinics with instruction focusing on strategy, positioning, point play scenarios and supervised matchplay.

#### Monday

3.0: 9:30-11am  
3.5: 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.

#### Thursday

8:30-9:30am

Members: \$23 Guests: \$35

### Tennis 101 & 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

Tennis 101 (W/F): 10am-11am, (Sa): 11am-12pm  
Tennis 201 (W/F): 11am-12pm, (Sa): 12pm-1pm

Members: \$23 Guests: \$35

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

Register On:

Director of Racquets, **Bryce Cunningham**  
b.cunningham@cliffdrysdale.com • 760.931.7501

Program Director, **Norman Nguyen**  
n.nguyen@cliffdrysdale.com



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