

2022 Clinic Schedules

ADULT CLINIC PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Call for Private Lessons or Create your own group clinic	9:30–10:30 am "New Tricks"	6:00–7:30 pm Doubles Strategy	Call for Private Lessons or Create your own group clinic	9:30–11:00 am Cardio Clinic	9:30–10:30 am Cardio Clinic	11:00–12:00pm Tennis 101 - Adult Beginner Clinic

Clinic Prices

	90 Mins Class	1 Hour Class
Clinic/Cardio	\$29	\$20

[Cardio Tennis](#) - The Ultimate tennis workout. Fast paced for those who like to sweat!

[Doubles strategy](#) - For those who are looking to improve their doubles game. This clinic is a combination of doubles drills and strategy.

[New Tricks](#)—This class focus is on strategy, stroke production and playing out point situations.

[Tennis 101—Adult Beginner Clinic](#) — This class is for beginner players or players returning back to the game.

Non-Member guest fee of \$10 applies

Any questions call 804.763.6006 or email Lynn or Justin

Contact Lynn - lynnb@midlothiantennis.com * * Contact Justin - Justin@midlothiantennis.com