



TENNIS 101

BUILDING THE BASICS



6 WEEK SESSION

START DATES

Monday, Jan. 7th - Feb. 11th | 7 pm
Friday, Jan. 11th - Feb. 15th | 10:30 am

COST

\$65/STM | \$80/Non-Member

WHAT IS TENNIS 101?

Tennis 101 is an entry level introduction to tennis. Each week a different focus is emphasized and broken down to a simple to understand concept. Then we hit lots of balls in a controlled setting to help develop good habits.

THE SCHEDULE

Week 1: Forehands
Week 2: Backhands
Week 3: Volley / Overheads
Week 4: Serve
Week 5: Review & Court Positioning
Week 6: Rally and Point Play

HOW TO REGISTER

Call the Proshop at 919-557-000
Email Tim at Tim@clubatsunset.com
Stop by the club and sign up in activity book.