



# TENNIS 101

## BUILDING THE BASICS



### 6 WEEK SESSION

### START DATES

Monday, Apr. 29th - June 3rd | 7:00 pm  
Friday, May 3rd - June 7th | 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](mailto:Tim@clubatsunset.com)  
Stop by the club and sign up in activity book.