



TENNIS 201

BUILDING THE BASICS



6 WEEK SESSION

START DATES

Monday, Apr. 29th - June 3rd | 8:00 pm
Friday, May 3rd - June 7th | 11:30 am

COST

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

WHAT TO EXPECT IN 201?

Tennis 201 is an extension of foundations built upon in 101. Time is focused on repetition and shot execution of the fundamental stroke learned in 101.

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.