

Adult Clinics

Women's Intermediate

Tuesdays 12:30-2 p.m.

Cost: \$22/member, \$25/nonmember

Must sign up in advance

Intermediate- Advanced

Tuesdays 6:30-8 pm

Cost: \$22/member, \$25/nonmember

Drop in

Advanced Beginner

Wednesdays 1-2:30 p.m.

Cost: \$22/member, \$25/nonmember

Must sign up in advance

Intermediate Drills & Skills

Saturdays 9-10:30 am

Cost: \$22/member, \$25/nonmember

Drop in

Beginners/Adv. Beginners

Saturdays 10:30-11:30 am

Cost: \$135/9 weeks

Sign up in advance for session

Dates: Saturdays 3/10-5/5

Round Robin Doubles in Afternoon

Mondays 12:30-2:30 pm

Tuesdays 2:00-3:30 p.m.

Thursdays 1:30-3:30 pm

Cost: \$10/member, \$12/nonmember

Must sign up in advance

Mixed doubles, round robin format, just for fun!



Yoga

Mondays 12:30-1:30pm

Thursdays 11:30am-12:30pm

Cost: \$15/class

Must sign up in advance

Instructor: Amanda Lease, RYT200

Mission Statement

Our pros are dedicated to building a strong foundation biomechanically, strategically and mentally for future on-court success!

PLEASE NOTE:

- No refunds given after the first week or for missed clinics.
- There are no makeup clinics unless cancellation due to inclement weather.
- All clinics must have a minimum of 4 students registered.

MEMBERSHIPS

Junior Membership: \$50

Players 8 years or older must have a junior club membership to participate in clinics.

Adult Membership: \$180

Family Memberships: 280

If you are looking for more tennis opportunities, contact WSTC for more information

Please check website for closings or cancellations due to weather.

**WEST SHORE
TENNIS CLUB**

150 Silver Spring Road, Mechanicsburg, PA 17050
717-796-1770 wstctennis@comcast.net

2018 Spring Tennis Training Series

West Shore Tennis Club

Program Schedule



www.wstctennis.com

WSTC 2018 Spring Training Clinic Registration

Email: _____

Age: _____

Name: _____

Address: _____

Phone: _____

Cell: _____

Amount Due: _____

(Checks payable to WSTC)

CLINIC: (Please check all that apply) _____ Jr Membership Teen Int _____ Sun 1pm

Level I/II: _____ Tues:5:30pm _____ Thurs:5:30pm _____ Sat:10:30am _____ Sat 12:30pm _____ Sat 1:30pm Level III/IV: _____ Tues:4:30pm _____ Thurs:4:30pm _____ Sat:11:30am _____ Mon:6pm
Int9+: _____ Tues:5pm _____ Wed:5:30pm _____ Fri:4:30pm Teen Beg/Adv Beg: _____ Sat:11:30am Teen Int _____ Sun:1pm _____ Mon:4pm _____ Wed:4pm _____ Sat:1pm Adult Beg/Adv _____ Sat:10:30am

*** JUNIOR MEMBERSHIPS:** Players must have a junior club membership to participate in clinics. Membership applications are at the front desk. Junior: \$50
Please Note: No refunds given after the first week or for missed clinics. No make ups clinics unless weather cancellation.

Junior Clinics

Level I/II (Ages 5-7)

Tuesday 5:30-6:30 p.m.

Thursday 5:30-6:30 p.m.

Saturday 10:30-11:30 a.m.

Saturday 12:30-1:30pm

Saturday 1:30-2:30pm

Cost: \$135/9 weeks, \$255/2 days, \$375/3 days

Dates: Tuesdays 3/6-5/1

Thursdays 3/8-5/3

Saturdays 3/10-5/5

This clinic will develop the young player's general motor and athletic skills, with a focus on coordination and movement skills. Having fun is a high priority.

Level II/III (Ages 8-10) *

Tuesday 4:30-5:30 p.m.

Thursday 4:30-5:30 p.m.

Saturday 11:30 a.m.-12:30 p.m.

Cost: \$135/9 weeks, \$255/2 days, \$375/3 days

Dates: Tuesdays 3/6-5/1

Thursdays 3/8-5/3

Saturdays 3/10-5/5

This clinic will focus on coordination, balance and motor skill development. Players will learn how to initiate a rally, as well as racquet control skills that will be the foundation of their tennis development.

Next Level Up (Ages 8+)*

Monday 5:30-7:00p.m.

Cost: \$225/9 weeks,

Dates: Mondays 3/5-4/30

This clinic is for players who are ready to move up from Level II/II, starting to focus on playing points and getting their serves into play.

- **Junior Membership required**

Private Lessons

Private lessons available with Gary Gouse

Cost: \$75/hr. 1 person, \$40/hr. 2 persons

Intermediates (Ages 9+) *

Tuesday 5-6:30 p.m.

Wednesday 5:30-7:00 p.m.

Friday 4:30-6:00 p.m.

Cost: \$225/9 weeks, \$425/2 days, \$625/3 days

Dates: Tuesdays 3/6-5/1

Wednesdays 3/7-5/2

Fridays 3/9-5/4

This clinic will emphasize the importance of developing tennis skills and strategy needed to play the game, as well as learning to serve and return serve consistently. Drill games are used to simulate game situations.

Teen Beginner/Adv. Beginner (Ages 12+) *

Saturday 11:30 a.m.—1 p.m.

Cost: \$225/9 weeks

Dates: Saturdays 3/10-5/5

This is the perfect opportunity to get junior players up to speed on the fundamentals of tennis strokes and court movements, starting to play drill games and match situations...all in a comfortable environment.

Teen Intermediates (Ages 12+) *

Sunday 1:00-2:30 p.m.

Monday 4:00-5:30pm

Wednesday 4:00-5:30pm

Saturday 1:00-2:30pm

Cost: \$200/Sunday; \$225/Monday,

Wednesday or Saturday; \$425/2 days,

\$625/3 days, \$825/4 days

Dates: Sundays 3/11-5/6 (no clinic 4/1)

Mondays 3/5-4/30

Wednesdays 3/7-5/2

Saturdays 3/10-5/5

This clinic is for teens to learn techniques and build confidence, strategies of hitting strokes and learning the game. This clinic will focus on hitting massive amount of balls (feeds + ball machine) , playing drill games and actual games to simulate match play conditions.

- **Junior Membership required**

I give consent for my child, _____, to participate in all clinic activities at the West Shore Tennis Club. I will inform WSTC of any pertinent medical conditions _____ I agree that the West Shore Tennis Club and all WSTC staff are not responsible for any injuries suffered by my child while engaged in clinic activities. Furthermore, I hereby release the aforesaid from any and all liability for such injuries.
Parent Signature: _____ Date: _____

WSTC 2018 Spring Training Clinic Registration

Email: _____

Name: _____ Age: _____

Address: _____

Phone: _____ Cell: _____ Amount Due: _____ (Checks payable to WSTC)

CLINIC: (Please check all that apply) **Jr Membership** **Teen Int** **Sun 1pm**

Level I/II: ___ Tues5:30pm ___ Thurs5:30pm ___ Sat10:30am ___ Sat 12:30pm ___ Sat130pm Level III/III: ___ Tues430pm ___ Thurs4:30pm ___ Sat1130am Next Level: ___ Mon6pm
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*** JUNIOR MEMBERSHIPS:** Players must have a junior club membership to participate in clinics. Membership applications are at the front desk. **Junior: \$50**
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