

Adult Tennis

Beginners/Adv Beginners Clinic

Tuesday 6:30-8:00pm

Cost: \$225/9 weeks

Dates: Tuesday 1/2-2/27

Adv Beginners/Low Intermediate Clinic

Sunday 10:00-11:30am

Cost: \$225/9 weeks

Dates: Sunday 1/7-3/3

Low Intermediates Clinic

Wednesday 7:30-9:00pm

Saturday 9:00-10:30am

Cost: \$225/9 weeks

Dates: Wednesday 1/3-2/28

Saturday 1/6-3/2

Sign up in advance week to week

Cost: \$25/member, \$30/nonmember

Intermediates

Sunday 6:00-7:30pm

Tuesday 12:30-2:00pm

Tuesday 6:30-8:00pm

Wednesday 1:00-2:30pm

Saturday 9:00-10:30am

Advanced High School/Adults

Thursdays 8:30-10:00pm

Round Robin Doubles in Afternoon

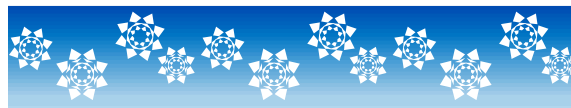
Sign Up in Advance Week to Week

Cost: \$12/member, \$15/nonmember

Mondays 12:30-2:30pm

Tuesdays 2:00-3:30pm

Thursdays 1:30-3:30pm



Mission Statement

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

MAKEUP POLICY

No makeups for missed clinics.

MEMBERSHIPS

***Junior Membership (ages 8-18): \$50**

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

College Membership: \$85

Adult Membership: \$195

Family Memberships: \$295

Private Lessons

Private lessons available with Gary Gouse

Cost: \$80/hr. 1 person,

\$90/hr. 2 persons

Assumption of Risk

West Shore Tennis Club and all WSTC staff are not responsible for any injuries players may suffer while engaged in tennis activities. Players voluntarily assume the risk that they may be exposed to or infected by COVID-19 while engaged in said tennis activities.

Please check website for closings or cancellations due to weather

2024 WINTER Tennis Training Series

West Shore Tennis Club

Program Schedule



www.wstctennis.com

Junior Clinics

Level I/II (Ages 5-7)

Tuesday 5:30-6:30 pm

Thursday 5:30-6:30 pm

Saturday 10:30-11:30 am

Cost: \$180/9 wks

Dates: Tuesday 1/2-2/27

Thursday 1/4-2/29

Saturday 1/6-3/2

This beginner clinic will develop the young player's general motor and athletic skills, with a focus on coordination, training, movement skills, and having fun!

Level II/III (Ages 8-10) *

Sunday 9:00-10:00 am

Tuesday 4:30-5:30 pm

Thursday 4:30-5:30 pm

Saturday 11:30-12:30 pm

Cost: \$180/9 wks

Dates: Sunday 1/7-3/3

Tuesday 1/2-2/27

Thursday 1/4-2/29

Saturday 1/6-3/2

This beginner 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.

Level III/IV (Ages 8-12) *

Wednesday 5:30-7:00 pm

Saturday 11:30am-1:00 pm

Cost: \$225/9 weeks

Dates: Wednesdays 1/3-2/28

Saturday 1/6-3/2

This clinic is for players who are ready to move up from Level II/III. They will start to focus on playing points by playing drill games and point play simulation feeds. More focus on serve, all while having fun. Must have basic strokes. Will teach and work on topspin, slice, serve, court movement and point play strategies.

**junior membership required*

No makeups for missed clinics

Level IV/V Intermediates (Ages 10-13)*

Friday 4:30-6:00 pm

Cost: \$225/9 weeks

Dates: Friday 1/5-3/1

This clinic is the next step from Level III/IV, and will emphasize the importance of developing tennis skills, movement and strategies. Drill games are used to simulate game situations.

Level V/VI Intermediates+ (Ages 10-13) *

Monday 5:30-7:00 pm

Cost: \$200/8 weeks

Dates: Monday 1/8-2/26

This clinic is the next step up from Level IV/V, and 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 Beginners/Adv Beginners (Ages 11+)*

Sunday 11:30-1:00 pm

Monday 7:30-9:00 pm

Saturday 1:00-2:30 pm

Cost: \$225/Su or Sa, \$200/Mo

Dates: Sunday 1/7-3/3

Monday 1/8-2/26

Saturday 1/6-3/2

This beginner clinic is for teens to learn technique and build confidence, hitting and playing tennis all in a comfortable and fun setting!!

**junior membership required*

No makeups for missed clinics



Teen Intermediates (Middle/High School)*

Sunday 9:00-10:30 am

Sunday 11:30am-1:00 pm

Wednesday 4:00-5:30 pm

Thursday 5:30-7:00 pm

Saturday 1:00-2:30 pm

Cost: \$225/9 weeks

Dates: Sunday 1/7-3/3

Wednesday 1/3-2/28

Thursday 1/4-2/29

Saturday 1/6-3/2

This clinic will focus players to work on fundamentals of strokes mechanics and court movements, play drill games and play situations. Instruction will focus on movement training, using the ball machine, live hitting and play. Players will learn high percentage play sequences.

Teen Advanced/Adv. Intermediates (Middle/High School)*

Sunday 1:00-2:30 pm

Wednesday 4:00-5:30 pm

Cost: \$225/9 weeks

Dates: Sunday 1/7-3/3

Wednesday 1/3-2/28

This clinic is for the teen advanced, advanced intermediate player motivated to hustle while hitting and working on improving tennis skills, shot selection, court movement and point play strategies.

High Performance*

Monday 3:30-5:30 pm

Cost: \$320/8 weeks

Dates: Mondays 1/8-2/26

This clinic works on high school team match and tournament preparation. Players will work on footwork, conditioning, tactics and strategies, along with mental toughness. *All players must be approved by coaching staff.*

Advanced High School/Adult*

Thursday 8:30-10:00 pm

Cost: \$25/member, \$30/nonmember

Sign up in advance week to week

Fast paced Drills & Skills!!!

WSTC 2024 Winter Training Clinic Registration Amount Due: _____

Name: _____ Age: _____

Address: _____

Email _____ Cell: _____

CLINIC: (Please check all that apply) Jr Membership __ \$50

Level I/II __Tu530 __Th530 _Sa1030 Level II/III _Su9am _Tu430 _Th430 _Sa1130 LevIII/IV __We530 _Sa1130am LevV/V __Fr430 LevV/VI __Mo530

TeenBog _Sun1130am __Mo730pm _Sa1pm TeenInt __Su9am _Su1130 __We4pm _Th530 _Sa1pm TeenAdv _Su1pm __We4pm HP __Mo330

AdultBog _Tu630Adult /Av Bog /LowInt __Su10am Adult LowInt __We730 __Sa9am

I give consent for me/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 me/my child while engaged in clinic/camp activities and voluntarily assume the risk that we may be exposed to or infected by COVID-19 while engaged in said tennis activities. Furthermore, I hereby release the aforesaid from any and all liability for such injuries or sickness.

Adult/Parent Signature: _____ Date: _____

WSTC 2024 Winter Training Clinic Registration Amount Due: _____

Name: _____ Age: _____

Address: _____

Email _____ Cell: _____

CLINIC: (Please check all that apply) Jr Membership __ \$50

Level I/II __Tu530 __Th530 _Sa1030 Level II/III _Su9am _Tu430 _Th430 _Sa1130 LevIII/IV __We530 _Sa1130am LevV/V __Fr430 LevV/VI __Mo530

TeenBog _Sun1130am __Mo730pm _Sa1pm TeenInt __Su9am _Su1130 __We4pm _Th530 _Sa1pm TeenAdv _Su1pm __We4pm HP __Mo330

AdultBog _Tu630Adult /Av Bog /LowInt __Su10am Adult LowInt __We730 __Sa9am

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Adult/Parent Signature: _____ Date: _____

WSTC 2024 Winter Training Clinic Registration Amount Due: _____

Name: _____ Age: _____

Address: _____

Email _____ Cell: _____

CLINIC: (Please check all that apply) Jr Membership __ \$50

Level I/II __Tu530 __Th530 _Sa1030 Level II/III _Su9am _Tu430 _Th430 _Sa1130 LevIII/IV __We530 _Sa1130am LevV/V __Fr430 LevV/VI __Mo530

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Adult/Parent Signature: _____ Date: _____