

Adult Clinics

Beginners/Adv. Beginners

Monday 7:30-9:00 pm

Tuesday 6:30-8:00 pm

Cost: \$225/9 wks

Dates: Mondays 3/4-4/29

Tuesdays 3/5-4/30

Adv. Beginners/Low Intermediates

Sunday 10:00-11:30 am

Cost: \$200/Su

Dates: Sundays 3/10-5/5, no clinic 3/31

Low Intermediates

Wednesdays 7:30-9:00 pm

Saturday 9:00-10:30 am

Cost: \$225/We or Sa

Dates: Wednesdays 3/6-5/1

Saturdays 3/9-5/4

Intermediates

Sign up in advance week to week

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

Sunday 6:00-7:30 pm

Tuesday 12:30-2:00 pm

Tuesday 6:30-8:00 pm

Wednesday 1:00-2:30 pm

Saturday 9:00-10:30 am

Advanced High School/Adult Clinic

Sign up in advance week to week

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

Thursday 8:30-10 pm

Round Robin Doubles in Afternoon

Sign up in advance week to week

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

Monday 12:30-2:30 pm

Tuesday 2:00-3:30 pm

Thursday 1:30-3:30 pm



Mission Statement

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

MAKE UP POLICY:

NO makeups for any missed clinics

MEMBERSHIPS

Junior (8-18 yrs old) Membership: \$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.



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

2024 Spring Tennis Training Series

West Shore Tennis Club

Program Schedule



www.wstctennis.com

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: \$180/9wks****Dates: Tuesdays 3/5-4/30****Thursday 3/7-5/2****Saturdays 3/9-5/4**

This clinic will develop the young player's general motor and athletic skills, with a focus on coordination, 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 11:30am-12:30 pm****Cost: \$180/Tu, Th or Sa, \$160/Su****Dates: Sunday 3/10-5/5 (no clinic 3/31)****Tuesdays 3/5-4/30****Thursdays 3/7-5/2****Saturdays 3/9-5/4**

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.

Level III/IV (Ages 8-12)***Wednesday 5:30-7:00 pm****Saturday 11:30am-1:00pm****Saturday 1:00pm-2:30pm****Cost: \$225/9 wks****Dates: Wednesdays 3/6-5/1****Saturdays 3/9-5/4**

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 8-12)***Friday 4:30—6:00 pm****Cost: \$225/9 wks****Dates: Fridays 3/8-5/3**

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

Level V/VI Intermediates (Ages 8-12) ***Monday 5:30-7:00 pm****Cost: \$225/9 weeks****Dates: Mondays 3/4-4/29**

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 Beginner/Adv. Beginner (Ages 11+)***Sunday 11:30am-1:00pm****Monday 5:30-7:00pm****Saturday 1:00-2:30 pm****Cost: \$200/Su, \$175/Mo, \$225/Sa****Dates: Sunday 3/10-5/5 (no clinic 3/31)****Monday 3/18-4/20****Saturdays 3/9-5/4**

This 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 9:00-10:30am****Sunday 11:30 am-1:00 pm****Wednesday 4:00-5:30 pm****Thursday 5:30-7:00pm****Cost: \$200 Su, \$225 /We or Th****Dates: Sundays 3/10-5/5 (no clinic 3/31)****Wednesdays 3/6-5/1****Thursday 3/7-5/2**

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. Intermediate (Middle/High School) ***Sunday 1:00-2:30 pm****Wednesday 4:00-5:30pm****Cost: \$200/Su, \$225/We****Dates: Sundays 3/10-5/5 (no clinic 3/31)****Wednesday 3/6-5/1**

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

*** Junior Membership required**
No makeups for missed clinics



WSTC 2024 Spring Training Clinic Registration Email: _____ Age: _____

Name: _____

Address: _____

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

CLINIC: (Please check all that apply) ☐ Jr Membership

Level I/II Tu5:30 __Th5:30 __Sa10:30 Level II/III Su 9am __Tu4:30 __Th4:30 __Sa11:30 Level III/IV We5:30 __Sa11:30 __Sa1pm Level IV/V Fr4:30

Level V/VI Mo5:30 Teen Beg Su11:30 __ Mo530 __Sa1pm Teen Int Su 9am __Su 11:30 __We4pm __Th 5:30 Teen Adv Su1pm __Wed 4pm

Adult Beg/Adv Beg Mo730 __Tu 6:30 Adult Adv Beg/Low Int Su 10am Adult Low Interm We 730 __ Sa 9am

*JUNIOR MEMBERSHIPS: Players must have a junior club membership to participate in clinics. Junior membership: \$50

I give consent for my child/ myself, _____, 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 injected 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 Spring Training Clinic Registration Email: _____ Age: _____

Name: _____

Address: _____

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

CLINIC: (Please check all that apply) ☐ Jr Membership

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Adult/Parent Signature: _____ Date: _____

WSTC 2024 Spring Training Clinic Registration Email: _____

Name: _____ Age: _____

Address: _____

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

CLINIC: (Please check all that apply) ☐ Jr Membership

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Adult/Parent Signature: _____ Date: _____