

Adult Clinics

Sign up in advance for session

Beginners/Adv Beginners

Monday 7:30-9pm

Cost: \$275/Mo

Sign up in advance for session

Dates: Monday 10/14-12/23

Advanced Beginner

Sunday 10:00-11:30am

Cost: \$250/Su

Dates: Sunday 10/20-12/22

Low Intermediate

Sunday 7:30-9:00pm

Wednesday 7:30-9:00pm

Cost: \$250/Su or We

Dates: Sunday 10/20-12/22

Wednesdays 10/16-12/18

Adult Clinics

Sign up in advance week to week

Cost: \$30 nonmember/\$25 member

Intermediates

Sunday 6:00-7:30pm

Tuesday 12:30-2:00 pm

Tuesday 6:30-8:00 pm

Wednesday 1:00-2:30 pm

Saturday 9:00-10:30am

Advanced HS/Adult Drills & Games

Thursday 8:30-10:00pm

Adult Round Robin

Sign up in advance week to week

Cost: \$15/member, \$18/nonmember

Round Robin Doubles in Afternoon

Monday 12:30-2:30pm

Tuesday 2:00-3:30pm

Thursday 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 any missed clinics.

MEMBERSHIPS

*Junior Membership (ages 5-18): \$50

Players 5 years or older must have a junior club membership to participate in clinics.

College Membership: \$85

Adult Membership: \$195

Family Memberships: \$295

Private Lessons

Email Wstctennis@comcast.net to set up

Cost: \$80/hour 1 person,

\$90/hour 2 persons

Upper Hand

Upper Hand is an online scheduler and calendar that will give our customers the opportunity to book themselves into clinics, camps, court times and everything we have to offer. All club participants will need an account to book clinics, court times.

https://app.upperhand.io/accounts/new_user?customer_id=2126

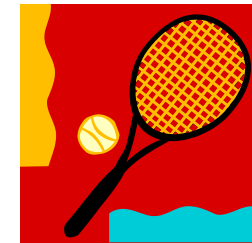


2024 LATE FALL Tennis Training Series



West Shore Tennis Club

Program Schedule



**WEST SHORE
TENNIS CLUB**

150 Silver Spring Road, Mechanicsburg, PA 17050

717-796-1770 wstctennis@comcast.net

www.wstctennis.com



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: \$200/Tu or Sa, \$180/Th

Dates: Tuesday 10/15-12/17

Thursday 10/17-12/19 (no clinic 11/28)

Saturday 10/19-12/21

This clinic is for beginners and will help develop the young player's general motor and athletic skills. The main focus is 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 am-12:30 pm

Cost: \$200/Su, Tu or Sa, \$180/Th

Dates: Sunday 10/20-12/22

Tuesday 10/15-12/17

Thursday 10/17-12/19 (no clinic 11/28)

Saturday 10/19-12/21

This clinic is for beginners, will focus on coordination, balance and motor skill development. Players will learn how to move and judge the ball as well as improve racquet control skills, all while having fun!!

Level III/IV (Ages 8-12)

Wednesday 5:30-7:00 pm

Saturday 11:30am-1pm

Saturday 1pm-2:30pm

Cost: \$250/We or Sa

Dates: Wednesday 10/16-12/18

Saturday 10/19-12/21

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, serve, court movement, how to initiate a rally and start self feeding.

Junior Clinics

Level IV/V (Ages 10-13)

Friday 4:30-6:00 pm

Cost: \$250/Friday

Dates: Friday 10/18-12/20

This clinic is for players ready to move up from Level III/IV, will emphasize the importance of developing tennis skills, movement and strategies needed to play the game, as well as the serve., and slice. Drill games are used to simulate game situations, point play strategies.

Level V/VI (Ages 10-13)

Monday 5:30-7:00 pm

Cost: \$275/Monday

Dates: Monday 10/14-12/23

This clinic is for players ready to move 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, working more on directionality and putting balls in specific place.

Teen Beginners-Advanced Beginner (Middle/High School)

Sunday 11:30am-1:00pm

Monday 5:30-7:00pm

Friday 4:30-6:00pm

Saturday 1:00-2:30pm

Cost: \$250/SuFrSa, \$275/Mo

Dates: Sunday 10/20-12/22

Monday 10/14-12/23

Friday 10/18-12/20

Saturday 10/19-12/21

This clinic is for teens to learn technique and build confidence, hitting and playing tennis all in a comfortable and fun setting! This is for teens with no to little experience, learning all the basic foundations to actually build the skills needed to start playing.

Junior Membership Required for ALL junior clinics

Junior Clinics

Teen Intermediate (Middle/High School)

Sunday 9:00am-10:30am

Sunday 11:30am-1:00pm

Wednesday 4:00-5:30pm

Thursday 5:30-7:00pm

Cost: \$250/SuWe or Sa, \$225/Th

Dates: Sunday 10/20-12/22

Wednesday 10/16-12/18

Thursdays 10/17-12/19 (no clinic 11/28)

Saturday 10/19-12/21

This clinic will focus on fundamentals of strokes mechanics and court movements, drill games and play situations. Instruction will focus on movement training, live hitting and play., working more on directionality and putting the ball in specific place.

Teen Advanced (Middle/High School)

Sunday 1:00-2:30pm

Wednesday 4:00-5:30pm

Cost: \$250/Su or We

Dates: Sunday 10/20-12/22

Wednesday 10/16-12/19

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, point play strategies, developing more power and consistent hitting.

High Performance

Monday 3:30-5:30 pm

Saturday 9:00-10:30am

Cost: \$440/Mo, \$300/Sa

Dates: Monday 10/14-12/23

Saturday 10/19-12/21

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 HS/Adult

Thursdays 8:30-10:00 pm

Cost: \$30 nonmember/\$25 member

Sign up in advance week to week

Fast paced Drills & Skills!!!