

Adult Clinics

Sign Up in Advance for Session

Beginners/Adv Beginners

Monday 7:30—9pm

Cost: \$150/6 weeks

Dates: Monday 9/8-10/13

Adv Beginners

Sundays 10:00-11:30am

Cost: \$150/6 wks

Dates: Sundays 9/7-10/12

Low Intermediate

Wednesdays 7:30-9:00pm

Cost: \$150/6 weeks

Dates: Wednesdays 9/3-10/8

Saturdays 9/6-10/11

Sign up in advance week to week

Starting September 3rd

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

Intermediate/High Intermediate

Sundays 6:30-8 pm

Tuesdays 12:30-2 pm

Tuesdays 6:30-8 pm

Wednesdays 1-2:30 pm

Saturdays 9-10:30 am

Advanced HS/Adults

Thursdays 8:30-10pm

Sign up in advance week to week

Starting September 4th

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

Round Robin Doubles in Afternoon

Mondays 12:30-2:30 pm

Thursdays 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!

MAKEUP POLICY

No makeups for any missed clinics.

MEMBERSHIPS

Junior Membership

(5-18 yrs old): \$50

Players ages 5-18 years must have a junior club membership to participate in clinics.

College: \$85

Adult Membership: \$195

Family Membership: \$295

PRIVATE LESSONS

Cost: \$75/80 per hr. 1 person, \$90/hr. 2 person

Email Wstctennis@comcast.net to set up.

Upper Hand

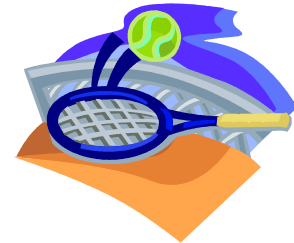
Upper Hand is an online scheduler and calendar that will give our customers the opportunity to book themselves into clinics, camps, court times and everything we have to offer. All club participants will need an account to book clinics, court times.

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

2025 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

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: \$120/6 weeks****Dates: Tuesday 9/2-10/7****Thursday 9/4-10/9****Saturday 9/6-10/11**

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****Cost: \$120/6 weeks****Dates: Sunday 9/7-10/12****Tuesday 9/2-10/7****Thursday 9/4-10/9**

This clinic is for beginners and 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-1:00pm****Saturday 1:00pm-2:30pm****Cost \$150/6 weeks****Dates: Wednesday 9/3-10/8****Saturday 9/6-10/11**

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.

Level IV/V Intermediates (Ages 10-13)***Friday 4:30-6:00 pm****Cost: \$150/6 weeks****Dates: Fridays 9/5-10/10**

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

Level V/VI (ages 10-13)**Monday 5:30-7:00 pm****Cost: \$150/6 weeks****Dates: Monday 9/8-10/13**

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 Beginner Adv Beginner**(Middle/High School)****Sunday 11:30am-1 pm****Monday 5:30-7pm****Saturday 1:00-2:30 pm****Cost: \$150/ 6 weeks****Dates: Sunday 9/7-10/12****Monday 9/8-10/13****Saturday 9/6-10/11**

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**

Teen Intermediate (Middle/High School)**Sunday 9am-10:30am****Sunday 11:30am-1:00pm****Wednesday 4:00-5:30 pm****Thursday 5:30-7:00pm****Cost: \$150/6 weeks****Dates: Sunday 9/7-10/12****Wednesday 9/3-10/8****Thursday 9/4-10/9**

This clinic will focus on fundamentals of strokes mechanics and court movements, play 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/Adv. Interm.**Sunday 1:00pm-2:30pm****Wednesday 4pm-5:30pm****Cost: \$150/6 weeks****Dates: Sunday 9/7-10/12****Wednesday 9/3-10/8**

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 School High Performance**Monday 3:30-5:30 pm****Cost: \$240/6 weeks****Dates: Mondays 9/8-10/13**

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/Adults**Thursday 8:30-10pm****Sign up in advance week to week****Starting September 4th****Cost: \$30/nonmember, \$25/member**