



## 2024 Adult Group Lesson Descriptions

### **Beginner Adult Lessons**

Our club's beginner adult lessons will be looking for 4-6 players, new to the game or maybe returning to the sport. The lessons will have students learn each of the tennis strokes that even the pros hit! Forehands, backhands, volleys, serves etc.

It will be fun, fast, and interactive! We will break it down in lessons so you can start from square one, like how to hold a tennis racquet, proper footwork etc.

As each week passes, we will keep introducing new strokes, new games, and the same fun. Beginners will come away from their series of lessons, with all the tools to hit a tennis ball properly using each of the strokes the game has to offer. We will touch on court positioning and hopefully play a bit of doubles, as well!

### **Intermediate/Advanced Adult Lessons**

Our intermediate plus adult group lessons will be for 4-6 players, who have played for a few years and ideally know how to play singles and doubles and rally with a fair level of success. Our coaches are always there to support you in questions about the strokes or how to possibly improve technique, but a lot of the lessons will be focused on improving upon the strokes you currently have.

For example, body position, court position, grip adjustments to push your tennis game a bit further. Our coaches will be looking at a fair bit of doubles play, position when serving and returning, strategy, footwork, point management, basically touching on all elements to build a strong doubles foundation.

And of course, we always build in games and competition related to the topic of the week, this level of player likes a challenge!