

## ADULT INSTRUCTIONAL CLINICS 2009-10

### DRUMLINS TENNIS CLUB

800 Nottingham Road - Syracuse, NY 13224 -- (315) 446-2323

Membership is not required for any instructional programs at Drumlins Tennis Club. The following clinics are week by week sessions. You may sign up on a week by week basis and pay each time you attend. Please phone the club prior to coming and confirm that the clinic is meeting if you do not attend regularly. The clinic will be limited to one hour if only two participants come, and half an hour if only one student attends. The cost of a week by week clinic is \$18 for members, \$25 for non-members and \$12 if on the unlimited play pass, unless otherwise noted.

ADULT PLAYING CLINIC ..... SUNDAY 4:30-6 PM  
Join Instructor Gary Schulterbrandt for a time of instruction and match play. This co-ed clinic is for low intermediate to intermediate players who are looking for an opportunity to improve their strokes and gain some match play experience. The clinic is \$18 for all participants, \$12 with UT.

LADIES DRILL SESSIONS ..... MONDAY - FRIDAY 10:30 AM - 12:00 PM  
Ladies Drill Sessions meet each day of the week. These practice sessions are geared toward a great tennis workout. Participants will enjoy drills designed to improve stroke production, shot selection and match play strategy. Perfect for those who enjoy competitive play during the USTA season and want to keep their skills sharp. Experienced players only! Head Professional Rosemary DeHoog teaches Monday, Tuesday, & Wednesday. Gary Schulterbrandt teaches on Thursday and Bret Bowers teaches the Friday drill. Please note that the Friday drill will meet 10:00 AM - 11:30 AM beginning January 22, 2010.

LOW INTERMEDIATE PLAYERS ..... WEDNESDAY & FRIDAY 9:30 - 11:00 AM  
This co-ed intermediate clinic is for those with previous instruction and play. Emphasis is on stroke consistency and ball placement, refining the serve and improved strategy. This clinic is perfect for the low intermediate player or those with tennis experience trying to get back into the game. Come once a week or attend both sessions! Instructor: Gary Schulterbrandt

INTERMEDIATE DRILL CLINIC ..... TUESDAY 7:30-9:00 PM  
This co-ed clinic is geared towards the intermediate players who are looking to raise their level of play. This drill session focuses on consistency, ball placement, improved serve and match strategy. This clinic is \$18 for all participants, \$12 with UT. Instructor Gary Schulterbrandt.

MEN'S DRILL SESSION ..... WEDNESDAY 7-8:30 PM  
These drill sessions will emphasize advanced stroke analysis, drills, match play and strategy. For experienced players only! Join instructor Bret Bowers for a great tennis work out & drill session.

CO-ED COMPETITIVE DRILL ..... FRIDAY 7:00-8:30 AM  
Rise and shine for the Co-Ed Competitive Drill each Friday morning with Instructor Chuck Wiggins. This drill is an energetic start to your weekend. Drills, strategy and match play for those looking to sharpen their competitive edge! For experienced players only!

CARDIO TENNIS ..... MONDAY 7:00-8:00 PM  
The latest fitness craze! Combining tennis skills with a cardio workout! Join Instructor Tim Lockwood as he puts you through fast paced, high energy tennis drills! Sign up is required. Minimum class size is 4, max. 8. Cardio does not meet during the summer season and resumes the first Monday in October. The cost is \$12 for non-members, \$10 members or \$8 with UT.

CALL FOR MORE INFORMATION ON ANY OF OUR INSTRUCTIONAL PROGRAMS.

PRIVATE LESSON INFORMATION ON REVERSE SIDE

[www.drumlins.com](http://www.drumlins.com)