

ADULT CLINICS



CARDIO TENNIS

This is a high intensity group clinic where players will participate in drills / games that emphasize movement on the court. Players will get their heart rate up while also working on tennis skills.

Monday, Wednesday & Friday 7:00am – 8:00am
Members \$20 | Non-Members \$25

Monday 6:30pm – 8:00pm
Members \$30 | Non-Members \$37.50

FAST FEED LEVELS 3.0+

Jump into this heart pumping tennis clinic where the pros take you through an hour and a half of exhilarating tennis drills. You will be sure to hit plenty of balls while enjoying an awesome cardio workout.

Tuesday & Thursday 6:30pm – 8:00pm
Members \$25 | Non-Members \$30

DOUBLES MATCHPLAY LEVELS 3.0+

This is the clinic for you if you ask, “Why don't I play in matches like I do in practice?” We will focus on doubles situations, tactics and how to improve within live ball point play. This clinic will be a combination of technique, tactics and strategy.

Thursday 6:30pm – 8:00pm
Members \$30 | Non-Members \$37.50

ADVANCED FAST FEED LEVELS 4.0+

Pros will lead players through ninety minutes of tennis drills designed for higher level players.

Wednesday 6:30pm – 8:00pm
Members \$25 | Non-Members \$30

DYNAMIC DOUBLES LEVELS 3.0+

A fast-paced doubles-based clinic focusing on high percentage shot selection and correct positioning. This clinic will warm up quickly with fast paced fed ball drills to establish various themes with shot selection and positioning, then quickly jump into live ball drills and point play to put the concepts into practice.

Wednesday & Friday 9:00am – 10:30am
Thursday 10:30am – 12:00pm
Members \$30 | Non-Members \$37.50

GET A GRIP BEGINNER CLINIC

If you are new to tennis or coming back to the game after a long break, this is the clinic for you. We will go over all the basic shots, make sure you have the correct grips and technique, and introduce rallying in this clinic.

Monday 9:00am – 10:30am
Members \$30 | Non-Members \$37.50

Visit LPTennis.com or call the Pro Shop to register – 843.849.5300

ADULT CLINICS



OFFENSE / DEFENSE DOUBLES

Players will learn how to play an offensive style of doubles while also learning how to defend against a good offense. Being able to defend against an offensive opponent and regain control of the point will be highly emphasized during drills and point play.

Friday 11:00am – 12:00pm
Members \$20 | Non-Members \$25

ADULT CLINIC LEVELS 3.0+

This clinic will be a lot of fast paced drills followed by live ball situations working on different parts of strokes and doubles strategy.

Saturday 8:30am – 10:00am
Members \$30 | Non-Members \$37.50

ADVANCED ADULT LEVELS 4.0+

This fast-paced clinic with singles and doubles drills will focus on new trends with the pros playing in if needed. Practice will mix in some college style drills with match play.

Saturday 10:00am – 11:30am
Members \$30 | Non-Members \$37.50

SINGLES CLINIC LEVELS 3.0+

This clinic is designed for singles players who want to develop and improve singles strategies. Practices will start with a quick warm up and then incorporate a lot of singles live ball play with a focus on shot selection and strategy.

Monday 6:30pm – 8:00pm
Members \$30 | Non-Members \$37.50

TENNIS 102 LEVELS 2.5 - 3.0

This clinic is designed for players who have progressed beyond the basics but are not quite ready for the 3.0+ level clinics. The focus will be on correct grips and stroke mechanics as well as live ball play.

Tuesday 9:30am – 11:00am
Members \$30 | Non-Members \$37.50

Wednesday 6:30pm – 7:30pm
Friday 10:30am – 11:30am
Members \$20 | Non-Members \$25

Visit LTPennis.com or call the Pro Shop to register – 843.849.5300

ADULT CLINIC SCHEDULE Live To Play LTP

MON



Cardio Tennis
7:00am – 8:00 am

**Get a Grip
Beginner Clinic**
9:00am – 10:30am

Singles Clinic
(Level 3.0+)
6:30pm – 8:00pm

Cardio Tennis
6:30pm – 8:00pm

TUE



Tennis 102
(Levels 2.5 to 3.0)
9:30am – 11:00am

Fast Feed
6:30pm – 8:00pm

WED



Cardio Tennis
7:00am – 8:00 am

Dynamic Doubles
(Levels 3.0+)
9:00am – 10:30am

Tennis 102
(Levels 2.5 to 3.0)
6:30pm – 7:30pm

**Advanced Fast
Feed**
(Levels 4.0+)
6:30pm – 8:00pm

THU



Dynamic Doubles
(Levels 3.0+)
10:30am – 12:00pm

Fast Feed
6:30pm – 8:00pm

**Doubles
Matchplay
Clinic**
6:30pm – 8:00pm

FRI



Cardio Tennis
7:00am – 8:00am

Dynamic Doubles
(Levels 3.0+)
9:00am – 10:30am

Tennis 102
(Levels 2.5 to 3.0)
10:30am – 11:30am

**Offense /
Defense Doubles**
11:00am – 12:00pm

SAT



Adult Clinic
(Levels 3.0+)
8:30am – 10:00am

**Advanced Adult
Clinic**
(Levels 4.0+)
10:00am – 11:30am