



# Tennis at Don Mills

Spring/Summer/Fall '08

**May 5th – October 6th, 2008**

**Fun • Fitness • Results**

## **Beginner: 7 – 8 pm**

This level Program is designed for a player just starting in the game or those not able to play with consistency. Levels: 0 – 2.0.

## **Intermediate: 8 – 9 pm**

This level Program is designed for a player who has both experience and consistency and who wants to take their game to a new level. Levels: 2.5 – 3.5.

## **Monday: Baseline game**

- Forehand cross court
- Forehand down the line
- Topspin Forehand
- Backhand cross court
- Backhand down the line
- Topspin Backhand
- 1st serve & 2nd serve
- Return of serve
- and more

## **Wednesday: All-court game**

- Forehand & Backhand Volley
- Serve and Volley
- Approach shots
- Passing Shots
- Defensive & Offensive Lobs
- Overhead
- and more

## **Friday: Doubles**

- Effective Doubles Play Scenarios
- Doubles drills
- Doubles strategy
- Serve and Volley play
- and more

**For more information contact:**

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