



www.westwindstennis.com

11411 Gas House Pike, New Market Md. 21774
301-865-2701 Fax-301-865-2703

Adult Drills and Clinics

Drill Sessions: Drills are the best opportunity to perfect your stroke production in an eight to one ratio (players to pro), without the pressures of match play. Players will hit a variety of balls in game-like, fast paced situation drills while the pro makes short critiques. Everyone hits a lot of balls, and gets an excellent workout that's tons of fun! Call the pro shop and sign up in advance. Minimum of 4 required.

Days/Times: Thursdays @ 7pm-8:30pm (intermediate levels)
Saturdays @ 8:00am-9:30am (intermediate levels)

Cost: \$22/Members; \$28/Non-Members

Women's Moving Up Clinic: This clinic is designed for the women players who have started match play and would like to do what it takes to step up their game and improve to the next level of play. You will work on stroke fundamentals, movement on court and consistency. That will be the difference in getting to the next level. If you are committed to 'doing the hard work', you will definitely see the results after taking this class. Call the pro shop and sign up in advance. Minimum of 4 required.

Class Times:

3.5 and higher levels: 9:00am-10:30am Thursdays

3.0 and below levels: 9:30am-11:00am Fridays

Cost: \$28/Members or \$32/Non-Members

Cardio Tennis: Get a great workout and have fun at the same time with Cardio Tennis. Cardio Tennis pushes your fitness to a new level with a high energy workout! It's a fun, group activity featuring drills to give players of all abilities an ultimate high energy workout. Cardio tennis includes a warmup, cardio workout, and cool down phases. If you want to find a healthy, new way to get in shape and to burn calories...try Cardio Tennis! Call the pro shop and sign up in advance. Minimum of 4 participants required for class.

Class Times:

Mondays at 9:00am-10:00am

Wednesdays at 7:30pm-8:30pm

Cost: \$16/Members or \$20/Non-members