

Shot of the Day

Members \$12

Non-Members \$20

Mondays 7:00 - 8:00 PM

Thursdays 1:00 - 2:00 PM

Saturdays 9:00 - 10:00 AM

Week of Jan. 22: Approach Shots & Volleys
Week of Jan. 29: Groundstrokes
Week of Feb. 5: Serves & Returns
Week of Feb. 12: Point-Play Tactics
Week of Feb. 19: Approach Shots & Volleys
Week of Feb. 26: Groundstrokes
Week of March 5: Serves & Returns
Week of March 12: Point-Play Tactics
Week of March 19: Approach Shots & Volleys
Week of March 26: Groundstrokes
Week of April 2: Serves & Returns

Work on specific skills in this popular drop-in program. Members and non-members of any level are welcome to participate. At the discretion of the instructors, courts may be split up based on levels.

Week of April 9: Point-Play Tactics
Week of April 16: Approach Shots & Volleys
Week of April 23: Groundstrokes
Week of April 30: Serves & Returns
Week of May 7: Point-Play Tactics
Week of May 14: Approach Shots & Volleys
Week of May 21: Groundstrokes
Week of May 28: Serves & Returns
Week of June 4: Point-Play Tactics
Week of June 11: Approach Shots & Volleys
Week of June 18: Groundstrokes

Want a great workout? Aerobic Tennis is a new, fun, group activity featuring drills to give players of all abilities an ultimate, high energy workout. Taught by a teaching professional, Aerobic Tennis includes a warm-up, cardio workout, and cool-down phases. If you are looking for a new way to get in shape and burn calories, you must try Aerobic Tennis! Members and non-members of any level welcome to participate.

Aerobic Tennis

Members \$12

Non-Members \$20

Mondays 12:00 - 1:30 PM*

Thursdays 12:00 - 1:00 PM

Saturdays 10:00 - 11:00 AM

***1.5 Hours - Members \$18 / Non-members \$30**



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www.TriCityTennis.com