

# Shot of the Day

Members \$15

Non-Members \$25

**Mondays 7:00 - 8:30 PM\***

**Thursdays 1:00 - 2:00 PM**

**Saturdays 8:00 - 9:00 AM**

**Saturdays 9:00 - 10:00 AM**

**\*1.5 Hours - Members \$21 / Non-members \$31**

Week of Nov. 15: Point-Play Tactics  
Week of Nov. 22: Approach Shots & Volleys  
Week of Nov. 29: Groundstrokes  
Week of Dec. 6: Serves & Returns  
Week of Dec. 13: Point-Play Tactics  
Week of Dec. 20: Approach Shots & Volleys  
Week of Dec. 27: Groundstrokes  
Week of Jan. 3: Serves & Returns  
Week of Jan. 10: Point-Play Tactics

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 Jan. 17: Approach Shots & Volleys  
Week of Jan. 24: Groundstrokes  
Week of Jan. 31: Serves & Returns  
Week of Feb. 7: Point-Play Tactics  
Week of Feb. 14: Approach Shots & Volleys  
Week of Feb. 21: Groundstrokes  
Week of Feb. 28: Serves & Returns  
Week of March 7: Point-Play Tactics  
Week of March 14: Approach Shots & Volleys

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 \$15

Non-Members \$25

**Mondays 12:00 - 1:30 PM\***

**Thursdays 12:00 - 1:00 PM**

**Saturdays 10:00 - 11:00 AM**

**\*1.5 Hours - Members \$21 / Non-members \$31**



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