

Shot of the Day

Members \$15

Non-Members \$25

*1.5 Hours – Members \$21/Non \$31

Mondays 7:00 - 8:30 PM*

Thursdays 1:00 - 2:00 PM

Saturdays 9:00 - 10:00 AM

Week of Sep. 14: Approach Shots & Volleys
Week of Sep.21: Groundstrokes
Week of Sep. 28: Serves & Returns
Week of Oct. 5: Point-Play Tactics
Week of Oct. 12: Approach Shots & Volleys
Week of Oct. 19: Groundstrokes
Week of Oct.26: Serves & Returns
Week of Nov. 2: Point-Play Tactics
Week of Nov. 9: Approach Shots & Volleys
Week of Nov. 16: Groundstrokes
Week of Nov. 23: 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 Nov. 30: Point-Play Tactics
Week of Dec. 7: Approach Shots & Volleys
Week of Dec.14: Groundstrokes
Week of Dec.21: Serves & Returns
Week of Dec. 28: Point-Play Tactics
Week of Jan. 4: Approach Shots & Volleys
Week of Jan. 11: Groundstrokes
Week of Jan. 18: Serves & Returns
Week of Jan. 25: Point-Play Tactics
Week of Feb. 1: Approach Shots & Volleys
Week of Feb.8: Groundstrokes

**All players
must pre-
register!**

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