



Grab Your Racquet!

at
In-Shape Sport: Visalia

7 Days a Week



In-Shape Sport

ADULT PROGRAM SCHEDULE

Clinics

INSTANT TENNIS! \$12.00

Tuesdays and Wednesdays 9:30am - 10:30am

Designed for the player who is returning to the game or simply starting out. This weekly clinic will give the participant the basic fundamentals of the game.

3.0 - 4.0 Clinic \$18.00

Mondays 9:30am - 11:00am & 6:30pm - 8:00pm

Thursdays 9:30am - 11:00am

An energetic 90 minute session comprised of drilling, strategy and point play situations. Designed for players with a 3.0 - 4.0 USTA rating

MEN'S CLINIC \$18.00

Wednesdays 6:30pm - 8:00pm

A 90 minute session focusing on men's doubles and singles strategies in point play situations

Cardio Tennis Boot Camp \$10.00

Tuesdays 7:00pm - 8:00pm

Take your cardio routine out of the gym and on to the tennis court! Cardio Tennis is designed to give you a complete cardio workout. A great work out for players of all abilities.

Pro-Ams and Round Robins

EVENING PRO-AM \$12.00

Thursdays 7:00pm - 9:00pm

Take on the pros in our weekly Thursday evening Pro-Am. After doubles match play with the pro's enjoy a cold beer to celebrate or drown your sorrows!

DROP-IN ROUND ROBIN \$5.00

Fridays 9:00am - 11:00am

Don't have a tennis partner? Drop in to one of our Round Robins for 2 hours of social doubles match play. No need to sign up & no commitment!

Special Monthly Social Events

inquire with the Pro Shop for this month's events

Private & Semi-Private Lessons

Please inquire for formats and pricing

For more information or to sign up for a class NOW, contact Director of Tennis, Nick Heron at (559) 733.1041 ext. 226 or via Email n.heron@cliffdrysdale.com



www.cliffdrysdale.com