



**FALL 25**

# **BEGINNER TENNIS LESSONS**

**WITH TNA TENNIS ACADEMY**



**MONDAY 6:00PM - 7:00PM**

**#13409 - SEPTEMBER 15 - OCTOBER 6**

**#13410 - OCTOBER 20 - NOVEMBER 10**

BEGINNER TENNIS LESSONS ARE IDEAL FOR PLAYERS WHO ARE NEW TO THE GAME AND EAGER TO LEARN THE FUNDAMENTALS WHILE BUILDING CONFIDENCE ON THE COURT. THESE SESSIONS FOCUS ON DEVELOPING BASIC RALLY SKILLS, FOOTWORK, AND STROKE TECHNIQUE, INCLUDING FOREHAND, BACKHAND, SERVE, AND VOLLEY WHILE INTRODUCING SIMPLE POINT PLAY AND GAME SCENARIOS. DRILLS ARE DESIGNED TO REINFORCE CONSISTENCY, TIMING, AND COORDINATION IN A SUPPORTIVE AND STRUCTURED ENVIRONMENT. PARTICIPANTS ALSO LEARN HOW TO MOVE EFFECTIVELY TO THE BALL AND BEGIN TO UNDERSTAND PROPER COURT POSITIONING. A \$10 MATERIALS FEE IS DUE TO THE INSTRUCTOR ON THE FIRST DAY TO COVER TENNIS BALLS, CONES, FOOTWORK LADDERS, ELASTIC BANDS, AND MEDICINE BALLS. FOR AGES 5-9. CLASSES WILL BE HELD AT WALNUT RANCH PARK 20101 AMAR RD, WALNUT, CA 91789.

**4 WEEK SESSION: \$165 RESIDENT / \$170 NON-RESIDENT**

**REGISTER ONLINE AT [WWW.CITYOFWALNUT.ORG](http://WWW.CITYOFWALNUT.ORG) OR CONTACT  
WALNUT GYMNASIUM AT (909) 444-7959.**

