



FALL 25

INTERMEDIATE TENNIS LESSONS

WITH TNA TENNIS ACADEMY

WEDNESDAY 6:00PM - 7:00PM

#13411 - SEPTEMBER 17 - OCTOBER 8

#13412 - OCTOBER 22 - NOVEMBER 12



INTERMEDIATE TENNIS LESSONS ARE DESIGNED FOR PLAYERS WHO HAVE A FOUNDATION IN THE GAME AND ARE READY TO BUILD CONFIDENCE AND ADVANCE THEIR SKILLS. THESE SESSIONS FOCUS ON REFINING RALLY TECHNIQUES, IMPROVING FOOTWORK, AND STRENGTHENING STROKE FUNDAMENTALS, INCLUDING FOREHAND, BACKHAND, SERVE, AND VOLLEY. PARTICIPANTS ARE INTRODUCED TO SIMPLE POINT PLAY AND GAME SCENARIOS TO DEVELOP STRATEGIC AWARENESS. DRILLS EMPHASIZE CONSISTENCY, TIMING, AND COORDINATION, ALL WITHIN A SUPPORTIVE AND STRUCTURED SETTING. PLAYERS ALSO LEARN PROPER MOVEMENT TO THE BALL AND BEGIN TO UNDERSTAND COURT POSITIONING MORE EFFECTIVELY. 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 8-13. CLASSES WILL BE HELD AT WALNUT RANCH PARK 20101 AMAR RD, WALNUT, CA 91789.

4 WEEK SESSION: \$185 RESIDENT / \$190 NON-RESIDENT

**REGISTER ONLINE AT WWW.CITYOFWALNUT.ORG OR CONTACT
WALNUT GYMNASIUM AT (909) 444-7959.**

