

# Clinic Fees

Includes club membership  
while in program

## 1- Hour Clinic (2x per week)

8 Clinics	\$200
4 Clinics	\$110
1 Clinic	\$30

## 1 1/2 Hour Clinic (2x per week)

8 Clinics	\$280
4 Clinics	\$150
1 Clinic	\$40

## 2-Hour Clinic (2x per week)

8 Clinics	\$400
4 Clinics	\$210
1 Clinic	\$55

Download our Mobile App!

Register on our App or the  
Member Portal

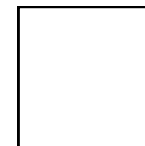
[www.midcapeathletic.com](http://www.midcapeathletic.com)



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# Junior Summer Tennis Program

June 27— August 26  
**2022**



## Baseliners (ages 4-7)

- Rules, Etiquette & Court Familiarity
- Hitting Skills; Volley & Mini-Tennis Rallying
- Bounce & Overhand Serves
- Fun Drills and Games

Mondays & Wednesdays

1 hour

3:00-4:00pm

8 clinics \$200

4 clinics \$110

1 clinic \$30

## Junior Elite (ages 10-12)

- Volley & Rally Ability (10 times over net)
- Ability to Serve, Play a Set or Match
- Technique (overheads, lobs & angles)
- Consistency & Shot Placement
- Basic Singles and Doubles Strategy
- Drills, Match Play, and Games

Tuesdays & Thursdays

1.5 hours

3:00- 4:30pm

8 clinics \$280

4 clinics \$150

1 clinic \$40



## Ready to take your game to the next level?

Our head trainer Sarah Dowcett is RacquetFit certified and ready to help you identify how your body is functioning on the court. RacquetFit is an educational organization dedicated to the study of how the human body functions while playing tennis and how to identify if your body is impacting your performance. Contact Sarah to set up an appointment!

## Crushers (ages 7-11)

- Serve from Baseline with some success
- Volley & Rally Ability (3-8 times over net)
- Stroke Instruction (ground strokes, serves, volleys)
- Drills, Match Play and Games

Mondays & Wednesdays

1 hour

4:00-5:00 pm

8 clinics \$200

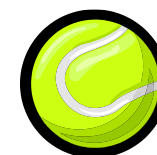
4 clinics \$110

1 clinic \$30

**Have older kids? Call the club to set up semi-private lessons for them!**



**We make it easy! Our tennis program is color-coded as follows:**



**Green: Beginner**  
**Blue: Intermediate**  
**Yellow: Advanced**