



www.westwindstennis.com

11411 Gas House Pike, New Market Md. 21774

301-865-2701 Fax-301-865-2701

Adult Drills and Clinics - Sign up weekly (you must sign up 48 hours in advance)

Drill Sessions: Drills are the best opportunity to perfect your stroke production in an eight to one ratio (players to pro), without the pressures of match play. Players will hit a variety of balls in game-like, fast paced situation drills while the pro makes short critiques. Everyone hits a lot of balls, and gets an excellent workout that's tons of fun! All drill sessions are geared for intermediate to advanced levels of play. Call the pro shop and sign up in advance. Minimum of 4 required.

Days/Times: Saturdays @ 8:00am-9:30am - **Instructor: Steve**
Thursdays @ 7pm-8:30pm - **Instructor: Ted**

Cost: \$22/Members; \$28/Non-Members

Women's Intermediate-Advanced Moving Up Clinic: This clinic is designed for the women players who are currently playing at the 3.0 level and above, and would like to do what it takes to step up their game and improve to the next level of play. You will work on stroke fundamentals, movement on court, shot selection and strategizing, setting up points and consistency. You will also work on more advanced techniques. All of those things will be the difference in getting to the next level. If you are committed to 'doing the hard work', you will definitely see the results after taking this class. Call the pro shop and sign up in advance. Minimum of 4 required, maximum of 6.

Class Times: 9:00am-10:30am Thursdays - **Instructor: Ted**

Cost: \$28/Members or \$32/Non-Members

Women's Instructional Play Clinic: This clinic is for the women players, up to the 3.0 level, who would like more instruction on stroke production, strategy, shot selection and court positioning during match play. Strategy, shot selection and your position on court all play a very important role in determining who wins a match. After drills to groove stroke production, you will have an instructor on court while you are playing who will point out positives and negatives after each point. This helps the learning process to really sink in since you are getting immediate feedback. Call the pro shop and sign up in advance. Minimum of 4 required.

Class Times: Fridays @ 9:30am-11:30am - **Instructor: Ted**

Cost: \$28/Members or \$32/Non-Members

USTA Players Clinic: This clinic is designed for the competitive USTA player that is competing in a USTA adult league or adult USTA tournament play at the 3.5 level or above. You will receive instruction on form, shot selection, footwork, match strategy and staying focused in a match. Come prepared to work hard and you will see the results. Call the pro shop and sign up in advance. Minimum of 4 required, maximum of 6.

Class Times: 10:00am-11:30am Tuesdays - **Instructor: Gene**

Cost: \$28/Members or \$32/Non-Members

Hit Sessions: Hit sessions with a pro are a great workout, and a great way to hit a lot of balls. One hour hit sessions can be set up with a pro by calling West Winds directly and booking the hit session at your convenience.

Cost: \$40/Members or \$45/Non-Members