

RAISE YOUR GAME!

Online

- Go to sandyspringstennisbookings.com
- Create an Account
- Click on Events tab
- Select the clinic that best matches your playing level and interest

By Phone or In Person

- 404-303-6182
- Sandy Springs Tennis Center
500 Abernathy Road
Sandy Springs, GA 30328
- www.sandyspringstennis.com

Fees

- 1 Hour Drills: \$20
- 1.5 Hour Drills: \$26
- Round Robin: \$12 @ door/ \$10 online



performance drives
results

SSTC ADULT CLINICS

Sandy Springs Tennis Center
500 Abernathy Road
Sandy Springs, GA 30328

Cardio Tennis | All Levels

Full body workout. 60 minutes of fitness training combined with tennis skills and drills. Shape, tone and burn calories while you work on forehands, backhands, groundstrokes and volleys. Cardio incorporates tennis, music, agility ladders, medicine balls and more for the ultimate fun workout.

Monday/Wednesday/Saturday 11am-12pm

Dynamic Doubles Drill | 3.0-4.0

Take your game to the next level! Fast paced, competitive drills focused on shot selection, tactics and court coverage as we play out doubles scenarios.

Monday/Tuesday/Wednesday 1:00-2:30 pm

Ladies Clinic | 3.0-4.0

Action packed morning drill to help ladies improve their strokes and footwork, shot selection and court position as well as tactics and strategies.

Friday 9:30 – 11:00am

Tennis Factory | 3.5 & up

Fast-paced, competitive drills. This is a great way to get a vigorous tennis workout, exercise your tennis skills and develop new ones. Drills are geared to player levels, intermediate to advanced.

Tuesday/Thursday 6:30-8:30pm; Saturday 9:30-11:00am

Friday Night Round Robin | 3.0 & up

Offers adults an opportunity to play with new people and improve match skills. Supervised by SSTC staff, this fun doubles match play format allows you to put your skills to the test.

Friday 7:00-9:00pm

Adult Start | 1.5-2.5

Instruction for beginner players wanting to learn a new sport and for those wishing to further their skills. This class emphasizes core tennis fundamentals to prepare you for playing flex leagues or USTA/ALTA league tennis. Repetition and point play scenarios build skills and confidence for match play.

Monday/Wednesday 6:30-8:00 pm; Wednesday 9:30-11:00am

Adult Intermediate | 3.0-3.5

Fast-paced, competitive drills and instruction for the intermediate player with a USTA rating of 3.0 to 3.5. The focus is on developing consistency, shot variety, improved court coverage and more aggressive net play.

Tuesday/Thursday 6:30-8:00 pm

repetition drives
performance



Adult Advanced | 4.0-4.5

Fast-paced, competitive drills geared to the advanced player with a USTA rating of 4.0 through 4.5. The format is scenario-based doubles drills to improve doubles tactics and execution, shot anticipation, court positioning and communication.

Monday 9:30 – 11:00am

Adult Elite | 4.5-5.0

Intensive on court drilling for the high performance player with a USTA rating of 4.5 and up to advance your game and take you out of your comfort zone. The emphasis is on advanced technique, quickness and balance, conditioning, situational tactics and strategies to win.

Monday/Wednesday 6:30 – 8:00pm; Saturday 9:30-11am