

# TENNIS UNIVERSITY



**FREE FOR HEALTH CLUB MEMBERS**

**Interested in trying tennis?  
No Experience Necessary**

Tennis University is a great way to get started. This 4-week class for non-tennis players offers an introduction to the basic tennis strokes. All you need is a pair of gym shoes and bring a racquet if you have one. This lifetime sport is a great way to stay fit!

## **Class Times:**

*(Choose One)*

**Tuesday 12:00pm - 1:00pm**

**Tuesday 6:30pm - 7:30pm**

**Friday 10:30am - 11:30am**

**Saturday 11:00am - 12:00pm**

## **Syllabus:**

Week 1: Forehand Groundstrokes

Week 2: Backhand Groundstrokes

Week 3: Serves & Volleys

Week 4: Review of Strokes, Scoring, & Rules

*WSC will provide racquets to players who do not have one.*

## **How to Sign Up:**

This program is open to the primary & secondary adults (18+ years) on all health club memberships.

- Contact Susan Johnson at [sjohnson@wheatonsportcenter.com](mailto:sjohnson@wheatonsportcenter.com)
- Choose your class time
- Come to class and have fun!

**SIGN UP TODAY!**

**New Sessions begin the first week of  
each month!**

**There is No Charge for this Program**