

LINCOLNIA TENNIS PLAYERS

Stroke of the Week; 7pm

(\$5 per player/hr) = Minimum 4 players/Max 10

Claudia Rohaly, Tennis Pro for Lincolnia Swim and Tennis Site is offering a Stroke of the Week Program! Sign up below:

SCHEDULE: Mondays, May 3rd: Serve (Flat, Slice, Kick)
May 10th : Forehands (Topspin, Slice, Side spin)
May 17th : Backhands (Topspin, Slice)
Thursdays, May 6th: Volleys (High, Low, Half, Swinging)
May 13th: Overheads (Jumping; Backpedal)
May 20th: Lobs (Defensive; Offensive)

CARDIO TENNIS – 7pm

(1-1.5 hours or until you drop!)

(\$10-15 per player) = Minimum 4 players

SCHEDULE: Monday, May 24th: 4+ Ball drill – 3 Sets
10-15 Ball Drill
Mercy Drill
Volley/Overhead Drill
Thursday, May 27th: 4+ Ball drill – 3 Sets
10-15 Ball Drill
Mercy Drill
Volley/Overhead Drill

**ENSURE PLAYERS BRING WATER OR SOME KIND OF DRINK
FOR REPLENISHING HYDRATION AND ELECTROLITES!!**

Sign up @ xsne1@cox.net or (703) 966-0364

