

# ADULT TENNIS PROGRAMS



DEER VALLEY  
ATHLETIC CLUB

## Adult Clinic Programs

### **CardioTennis** (Instructor: Adam Smith)

This fun, energetic clinic is designed to get a player's heartrate up and going the entire hour. A combination of drills and fun games will keep you entertained.

**Mondays 8:30-9:30am**

\$15 per clinic for DVAC Members

### **Daily Drills**

The plan is to hit 1,000 balls in the hour clinic. Players will participate in drills and games that will ensure a 1:1 work-to-rest ratio. Come get your sweat on!

**Tuesdays 8:30-9:30am** (Instructor: Adam Smith)

**Wednesdays 8:30-9:30am** (Instructor: Adam Smith)

**Tuesdays 5:30-6:30pm** (Instructor: Adam Smith)

**Thursdays 8:30-9:30am** (Instructor: Adam Smith)

**Thursdays 5:30-6:30pm** (Instructor: Adam Smith)

**Fridays 8:30-9:30am** (Instructor: Adam Smith)

### **Beginner Clinic** (Instructor: Adam Smith)

Want to get into the game of tennis? Or get back into tennis? Sign up for this basic clinic designed to get you up and playing the game FAST!

**Mondays 9:30-10:30am**

\$15 per clinic for DVAC Members

### **Intermediate Clinic** (Instructor: Adam Smith)

This clinic is for a variety of players that will focus on the basic strokes of tennis and the basics of doubles strategies.

**Tuesdays 9:30-10:30am**

\$15 per clinic for DVAC Members

### **Advanced Clinic** (Instructor: Adam Smith)

The focus will be on advanced doubles strategies geared towards higher doubles players. We will teach you how bring out your best doubles game each and every time.

**Thursdays 9:30-10:30am**

\$15 per clinic for DVAC Members

### **Elite Clinic** (Instructors: Adam Smith and Bob Lake) COMING SOON

This clinic is designed for 4.0 and above players. Clinic will focus on competing at a high level with point play emphasized as well as high level doubles strategy. Only 12 slots available per week. Register with front desk to reserve your spot, or online through Club Automation

**Fridays 5:30-6:30pm**

\$15 per clinic for DVAC Members

## Internal Leagues

Deer Valley offers several leagues for various levels throughout the year, including the Famous Winter Indoor Tennis League. Watch the Weekly Newsletter for more details on leagues, social events and other playing opportunities.

**For More Information on USTA Leagues, Please contact [adam@dvac.club](mailto:adam@dvac.club)!**