



Grande Dunes  
Tennis Club

# April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
** No After School Tennis the week of April 2 <sup>nd</sup> – 9 <sup>th</sup> **						
2	3	4	5	6	7	8
	INTERMEDIATE CLINIC 5:30 – 7PM	SPRING BREAK CAMP 9AM – 12PM  DOUBLES DRILLS & STRATEGY POINTS 9 – 10:30AM	SPRING BREAK CAMP 9AM – 12PM	SPRING BREAK CAMP 9AM – 12PM	PARENT'S NIGHT OUT 5:30 - 8PM	POP UP YOGA ON THE PATIO 8:45AM – 9:45AM
9	10	11	12	13	14	15
EASTER – CLUB CLOSED	INTERMEDIATE CLINIC 5:30 – 7PM	DOUBLES DRILLS & STRATEGY POINTS 9 – 10:30AM  ANKLE BITERS 3:15 - 4:15PM  AFTER SCHOOL TENNIS	CARDIO TENNIS 9-10AM  RED BALL 3:15 – 4:15PM  LADIES DOUBLE DRILLS & POINTS 5:30 – 7PM	AFTER SCHOOL TENNIS	FAST & FURIOUS CLINIC 9 - 10AM	
16	17	18	19	20	21	22
YOGA ON THE PATIO 8:45 – 9:45AM  JUNIORS MATCH PLAY 2 – 3:30PM	INTERMEDIATE CLINIC 5:30 – 7PM	DOUBLES DRILLS & STRATEGY POINTS 9 – 10:30AM  ANKLE BITERS 3:15 - 4:15PM  AFTER SCHOOL TENNIS	CARDIO TENNIS 9-10AM  RED BALL 3:15 – 4:15PM  LADIES DOUBLE DRILLS & POINTS 5:30 – 7PM	AFTER SCHOOL TENNIS	FAST & FURIOUS CLINIC 9 - 10AM  DECADES NIGHT ADULT MIXER 5:30 – 7:30PM	
23	24	25	26	27	28	29
	INTERMEDIATE CLINIC 5:30 – 7PM	DOUBLES DRILLS & STRATEGY POINTS 9 – 10:30AM  ANKLE BITERS 3:15 - 4:15PM  AFTER SCHOOL TENNIS	CARDIO TENNIS 9-10AM  RED BALL 3:15 – 4:15PM  LADIES DOUBLE DRILLS & POINTS 5:30 – 7PM	AFTER SCHOOL TENNIS	FAST & FURIOUS CLINIC 9 - 10AM	
30						
YOGA ON THE PATIO 8:45 – 9:45AM  JUNIORS MATCH PLAY 2 – 3:30PM						

**SIGN UP IN THE PRO SHOP OR CALL 843-449-4486!**

## JUNIORS

**After School Tennis:** Focuses on your child's athletic abilities, character, and skill building on the court through exercises, drills, and fun games with peers.

**Ankle Biters:** Ages 3-4 Preschoolers. Tuesdays 3:15 – 4:15PM. A fun introduction to the basic skills of athletic movements needed in tennis. Concentrates on hand/eye coordination, tracking the ball's path & bounce, footwork, and having fun. \$80 Session (1 Day per week).

**Red Ball:** Beginner. Ages 4-7. Tuesdays 3:15 - 4:15PM. Wednesdays & Thursdays 3:15 – 4:15PM. \$192 Session (3 Days). \$144 Session (2 Days), \$80 Session (1 Day)

**Orange Ball:** Beginner to Intermediate. Ages 6-10. Tuesdays & Thursdays 4 - 5PM. \$144 Session (2 Days). \$80 Session (1 Day).

**Green Ball:** Beginner to Intermediate. Ages 7-11. Tuesdays & Thursdays 4 - 5:30PM. \$216 Session (2 Days). \$120 Session (1 Day). Or \$75 Week.

**Yellow Ball:** Intermediate to Advanced. Ages 8-18. Tuesdays & Thursdays 4 - 6PM. \$288 Session (2 Days) + \$30 nonmember fee. \$160 Session (1 Day) + \$30 nonmember fee. Or \$100 Week (+ \$10 nonmember fee).

**Juniors Match Play** – Junior Orange, Green, and Yellow Ball Players. (We request that Orange Ball players be able to keep score and be able to get 50% of their serves in). Players warm up and then begin match play with Coaching throughout. Matches may vary from time to time with rules being adjusted to enhance points. \$25.00. Dates remaining: 4/16, 4/30, 5/7, 5/21.

**Parent's Night Out** – Drop off your kids (ages 5 & up) with us to enjoy tennis, have pizza, and play games. \$20.00 per child (Add \$5.00 if you would like your child to have pizza).

**Spring Break Camp** – Ages 4 through 11. One hour of tennis followed by a snack, crafts, and field games. Rain or shine. \$99 Members. \$129 nonmembers. 50% deposit due at time of sign up. Sign up forms are in the Pro Shop and also attached to this email.

## ADULTS

**Cardio Tennis** – Level 2.5 and above. High Intensity Cardio Clinic emphasizes footwork and movement with music. Players will get their heart rate up during fast paced drills and energized point play. 1 hr clinics: \$26.00 (\$34.00 nonmembers).

**Doubles Drills & Strategy Points** – Doubles work out clinic with fast paced drills and cooperative hitting. The second half of the clinic is live ball drills and point play emphasizing shot selection and court positioning. 1.5 hr clinics: \$32.00 (\$40.00 nonmembers).

**Fast & Furious Clinic** – Fast paced, competitive drills & instruction. The focus is on developing consistency, shot variety, improved court coverage, and more aggressive net play. 1 hr clinics: \$26.00 (\$32 nonmembers).

**Intermediate Clinic** – Level 3.0 and above. Fast paced drills with live ball play. 1.5 hr clinics: \$32.00 (\$40.00 nonmembers).

**Ladies Doubles Drills & Strategy Points** – Level 2.5 and above. Doubles drills followed by the second half of the clinic being live balls. Drills and point play emphasizes doubles formations and court positioning. 1.5 hr clinics: \$32.00 (\$40.00 nonmembers).

## **EVENTS**

**Decades Night Mixer** – Break out those neon colors, windbreakers, or sweatervests. You could even sport a preppy polo with white bottoms. Choose a decade for your tennis-wear and run with it. Warm up at 5:30PM. Rotating tennis beginning at 5:45PM. Find a partner or sign up as a single and we'll pair you with another player. Bring an appetizer to share and BYOB. Members \$10.00. Nonmembers \$20.00.

**Yoga on the Patio** – Meet us on the patio for a relaxed Yoga sequence suitable for all levels. Just bring your mat and water. Led by SeaYoga. \$15.00 per person. Sign up & pay online at [sea-yoga.com](http://sea-yoga.com) in advance. You can also venmo or pay cash to SeaYoga prior to the start of class.