



# Total Tennis

**Thursdays 12:00 – 1:30pm**

**For Advanced Beginner and Intermediate Level Players**

**Itinerary**

**Week 1: Ground Attack**

Groundstrokes

**Week 2: At Your Service**

1<sup>st</sup> and 2<sup>nd</sup> Serves, Serve and Volley

**Week 3: Net Gains**

Volleys, Overheads, Approach Shots, Transition Game

**Week 4: Return to Sender**

Return of Serve, Lob Returns

**Week 5: Table For 2 Please**

Doubles Tactics

**Week 6: Table for 1 Please**

Singles Tactics

Each week your lesson will start with your personalized ABC's (Agility, Balance, Coordination, Speed) Individual Station Warm Up.

The Pro Staff will teach you the rules and etiquette of the game of tennis.

**Sign up now at [ingham@longfellowhealthclubs.com](mailto:ingham@longfellowhealthclubs.com)**

**or Call Eileen at (508) 653-4606**