

Osher Lifelong Learning

Beginning Tennis

McCormack-Nagelsen Tennis Center

Location / Time

McCormack-Nagelsen Tennis Center

705 S. Henry Street

Mondays Jan 27 – March 2 (6 Weeks)

12:00 – 1:00

Overview

This class is designed to introduce tennis to new players. The focus will be basic fundamentals, stroke production, rules and tactics. Drills and playing situations will be utilized.

Week 1 January 27

Introductions

Parts of the Court

Parts of the Racket

Grips

Mini-Tennis

GroundStrokes

Week 2 February 3

Mini- Tennis

Groundstrokes

Live Ball Rally

Week 3      February 10

Volleys / Overheads

Mini-Tennis / Groundstrokes

Week 4      February 17

Serve

Groundstrokes

Week 5      February 24

Scoring & Basic Rules

Week 6      March 2

Modified Match Play

