



topnotch
RESORT

2013 Summer Tennis Schedule

OFF PEAK SEASON

(May 20 – June 14 & Sept 3 – October 13, 2013)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>8 to 9AM</i>	<i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	Cardio Tennis 8:30-9:30am <i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	Cardio Tennis 8-9 am	<i>Open Lessons and court times</i>
<i>9 to 12PM</i>	3.0/3.5 Tennis Clinic 9am- 10:30am <i>Open Lessons and court times</i>	3.0 Tennis Clinic 9am- 10:30am <i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	3.0/3.5 Tennis Clinic 9am- 10:30am <i>Open Lessons and court times</i>	3.0/3.5 Tennis Clinic 9am- 10:30am <i>Open Lessons and court times</i>	Tennis Academy Juniors and Adults <i>Ground strokes & Serve</i>	Tennis Academy Juniors and Adults <i>Net game & Serve</i>
<i>12 to 5:30P M</i>	<i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	3.5 Tennis Clinic 1-2:30PM & <i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>
<i>5:30 to 7PM</i>	<i>Open Lessons and court times</i>	3.5 Tennis Round Robin 5:30-7PM <i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	4.0 Tennis Live Ball clinic 5:30-7PM	<i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>	<i>Open Lessons and court times</i>

Summer hours of operation Monday through Sunday 8AM - 7PM

****24hr Sign up required for all classes and clinics****
(24 hr cancelation policy applies to all reserved services)

4000 Mountain Rd, Stowe, VT 05672; Phone: (802) 253 6435



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Topnotch Tennis 2013 Summer Tennis Program Descriptions

3-hour Adult Tennis Academy:

3-hour academy workshop starts with a short seminar focused on the stroke of day, emphasizing stroke production, footwork and strategy. Seminar is immediately followed by three 45-minute “Play to Win” sessions, exploring the elements of the complete player: Technique to Win, Train to Win, and Think to Win. Special focus is given to the major points presented in our seminar. Become a better player; bridge the gap between your practice level and match play level. Explore your strengths; build your game around them. Session continues with serve technique, footwork and strategy. 4 Students to 1 Professional

5-hour Adult Tennis Academy:

Full day tennis academy workshop includes morning session (same as described before), and an afternoon session which emphasizes a specialty shot followed by supervised match play.

Summer Junior Tennis: Our Topnotch Juniors Tennis summer offerings consist of a morning Tennis Academy is conveniently offered adjacent to the Adult Tennis Academy from 9:00am to 12:00pm daily on the indoor and outdoor courts and emphasizes tennis skill development. Players are divided by age and ability.

Tennis Clinic: Designed for every level of play, this clinic will work on all areas of your game with focus on strategy and point construction. Beginner and advanced players will get great tips to improve playing the game.

Live Ball Tennis Clinic: For players who want to work on improving point play. This group is for players who are rated a 3.5 or higher and are intermediate/advanced level. We focus on technique as well as singles and doubles tactics. Session combines practice and match play.

Cardio Tennis: If you like a great workout and are pressed for time, then this is for you. Focuses on conditioning rather than skill development. We bring out a boom box with fast paced energizing music to get you moving. You don't have to be a great player to enjoy this class.

Video Lessons: Using the latest technology that only a few clubs in the country have. We will take video images of different parts of your game that you want to improve. We record the shot through our motion camera directly to a laptop hard drive, where we can analyze the image with you, pin pointing areas for advancement. This can be saved for future references. This is a great tool if you are a visual learner. See your game up close and personal.

Open Lessons & Court Times: Times are available throughout the day to play with a group of friends or lessons with tennis pro.

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