

SALEM RECREATION
SPRING 2023
ADULT TENNIS WITH ANNE SANTORO
SESSION 1 CLINIC



THURSDAY MORNING – 9:30-10:45 a.m.
APRIL 6-27 (4 classes)
ROUND HILL ROAD TENNIS COURTS
FEE: \$80 Resident; \$85 Non-Resident

It's time to renew and improve your tennis skills — and your fitness — outdoors this Spring! Each of the 4 classes focuses on a particular skill and includes a warm-up, drills, play, and a cool down. Topics addressed throughout the clinic are movement, stroke production, strategy, as well as balance, flexibility, agility, and strength.

Taught in a relaxed atmosphere, this unique clinic is designed for those with some tennis experience and can accommodate a range of skill sets.

Required equipment: Tennis racquet; tennis shoes or supportive sneakers; water; large towel (or mat) for stretching; athletic clothing you can easily move in.

Limit of 6 students per clinic.

All health and safety protocols are followed.

Registration: saalemct.gov/recreation/onlineregform