

Adult Programs

Ages 14 & up - Programs run June 7 - Sept. 10.
Please visit www.SeaColonyTennis.net
or call the Pro Shop at **302-539-4488** to register.

Cardio Tennis

9 - 10 a.m. Daily - All Levels, \$20 pp

Start the day with an exhilarating cardiovascular workout that includes warm-up, cardio workout and cool down segments. Coupled with great exercise, you'll hit tons of tennis balls in this fun and fast-paced clinic.

Daily Clinics

The following one-hour clinics emphasize the key elements of technique and footwork for the first portion of the clinic, followed by challenging games that allow you to put your newfound knowledge into action.

Monday – Forehands

Tuesday – Backhands

Wednesday – Volleys & Overheads

Thursday – Serve & Return

Friday – Attack Day (Serve & Volley, Chip & Charge and Poaching)

Saturday & Sunday – Weekend clinics emphasize ground strokes, volleys, and doubles court positioning.

Beginner: 9 - 10 a.m. *Level 2.5 & below, \$20 pp*

Intermediate: 10 - 11 a.m. *Level 3.0 & 3.5, \$20 pp*

Advanced: 11 a.m. - 12 p.m. *Level 4.0 & up, \$20 pp*

Play with the Pro

3 - 5 p.m. – Monday, Wednesday, Friday

Level 3.0 and up, \$50 pp

This two hour clinic focuses on strategy and court positioning for singles and/or doubles. With the pro playing, participants will improve all aspects of their game.

Socials - All Levels

Men's Doubles Round Robin - Tues. 3 - 5 p.m., \$5 pp

Women's Doubles Round Robin - Thur. 3 - 5 p.m., \$5 pp

Mixed Doubles Round Robin - Sun. 3 - 5 p.m., \$5 pp

Please note - schedule subject to change

SeaColonyTennis.net

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Sea Colony, Bethany Beach, Delaware

Junior Programs

Programs run June 7 - Sept. 10.
Please visit www.SeaColonyTennis.net
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Little Hitters

1 - 2 p.m. – Monday to Saturday, Ages 4 - 7, \$20 pp

Children will learn the FUNdamentals of tennis using Quick Start, an age-appropriate teaching system that ensures success and fosters confidence.

Baseliners

2 - 3 p.m. – Monday to Saturday, Ages 8 - 13, \$20 pp

Using a combination of traditional play and Quick Start to promote rapid improvement, juniors will focus on stroke production and strategy to develop advanced skills.

Tournament Tough

3 - 5 p.m. – Monday to Saturday

All ages (level dependent), \$50 pp

Juniors with sectional or national rankings and varsity high school tennis players are invited to join this college-style practice. Adults (4.0 & above) seeking a high-level challenge are also encouraged to participate. If you're not sure of your ability level, please contact our pro shop and we will help you find the program best suited for you.

Nike Jr. Camp

June 20 - 25 – All Levels Ages 8 - 17, \$495 pp

Participate in the inaugural Nike Tennis Camp at Sea Colony. Through morning drills and afternoon match play, participants will improve stroke production, singles and doubles strategy, and court positioning. Other highlights of the camp include video analysis, mental toughness coaching, and a FREE pair of Nike shoes!

To register go to www.USSportsCamps.com
or call **1-800-Nike-Camp**

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Special Events

Sea Colony Spring Junior Open
May 21-23

Memorial Day Weekend
Round Robin *May 29 & 30, 3 - 5 p.m.*
Pro Exhibition *May 29, 5 p.m.*

***Homeowner Davis Cup - June 5 - 6**

***Homeowner Flight**
Sundays, June 12 – August 28
All levels, limited to the first 12 players to register
• **8 - 10 a.m.** - Men
• **10 a.m. - 12 p.m.** - Women

Grand Slam Mixer - July 4, 3 - 5 p.m. - Pro Exhibition, **5 p.m.**

Ellis Ferreira Special Event Day - August 7
Former Grand Slam doubles champion, Ellis Ferreira will be conducting doubles clinics and participating in a Pro Exhibition.

Sports Science Weekend - August 14 - 15
Dr. Melissa Hunfalvay and Director of Tennis, Thomas Johnston will improve your mental toughness and anticipation skills.

Labor Day Weekend - Sept 5, 5 p.m.
Pro Exhibition,

***Homeowner/Guest Tournament - September 11 - 12**

Sea Colony Fall Junior Open
September 17 - 19

Sea Colony Fall Adult Classic
September 25 - 26
This USTA tournament will benefit the Crohn's & Colitis Foundation of America.

Pink Ribbon Tournament - October 1
13th Annual women's tournament to benefit breast cancer research for the American Cancer Society.

***Fall Homeowner Championships**
October 9 - 10

* Events for homeowners only

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Specials Programs

Video Analysis Packages

Essential Package
Cost: \$5 per stroke

One-hour Video Lesson
A one hour video lesson records 2 shots of your choice, analysis with a pro and additional coaching on the ball machine. Cost: \$95

Gold Package
The Gold Package includes three half-hour sessions with a pro. Each session includes 2 shots of your choice and analysis with the pro. In addition to the 3 sessions, you will also receive a ½ hour ball machine rental and a 1-time rental basket of balls. Cost: \$125

Platinum Package
The Platinum Package includes the Gold Package plus 30 minutes of recorded match play with a Pro and 30 minutes of match play analysis. Cost: \$225

Mental Toughness
Schedule a private session with the Director of Tennis, Thomas Johnston. Through a variety of techniques such as self-talk, imagery and routines, learn how to take your game to a higher level. Cost: \$100

Ball Machine
Improve your strokes and get a workout with our state of the art ball machine which offers up to a 7 shot sequence and 2 different ball feed options.
• 1 hour rental - \$20
• ½ hour rental - \$10

PRIVATE LESSONS
Please call the Pro Shop for pricing and availability.

FACILITY

Full service Pro Shop open daily 8:00 am-5 pm. Services include restringing and re-gripping. Designer apparel, racquets, and accessories are also available. The loft area above the tennis shop is available to watch Tennis Channel or to relax with your tennis buddies.

34 Tennis Courts - 4 Indoor, 14 Har-Tru (2 lighted),
16 Hard Courts (8 lighted)

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