



# TENNIS PROGRAMS

All programs require advanced sign-up through the front desk, by emailing [tennis@seabrookisland.com](mailto:tennis@seabrookisland.com), or by calling 843-768-7543

<b>Women's Open Clinic</b> Friday: 8:30 - 9:30 AM Saturday: 10 :00 - 11:00 AM	A doubles strategy and game development clinic tailored for those seeking to improve their game.
<b>Men's Open Clinic</b> Tuesday: 10:00 - 11:30AM	A doubles strategy and game development clinic tailored for those seeking to improve their game.
<b>Stroke Clinics</b> Monday & Wednesday 10:00 - 11:00 am	Are you looking forward to polishing your skills on a particular stroke? Forehand, backhand, volleys, serves, or any other shot, we have you covered.
<b>Cardio Tennis</b> Saturday: 9:00 - 10:00 am	Cardio Tennis is designed for those who want a good workout on the tennis court. You should bring a cold bottle of water, lots of energy, and a great playlist!
<b>Junior Clinic</b> Ages 7-10 – Thursday 5:00 - 6:00 PM  Ages 11-18 – Tuesday & Friday 4:00 - 5:30 PM	Perfect for kids to make friends and improve their tennis skills!