

— NVTL NEXT —

NVTL NEXT is designed for players who would like to participate in NVTL League play with an opportunity to learn the skills and tactics deemed necessary to be successful. Those areas can include but may not be limited to:

- 1. Footwork (split step, recovery, etc.)**
- 2. Balance (static & dynamic)**
- 3. Mastery of the continental grip**
- 4. Tactical understanding and execution**

Once they can consistently demonstrate proficiency in both competitive and training environments they will begin learning and implementing groundstrokes, volleys and serves. Once these skills have been deemed sufficient we will begin to effectively utilize all strokes during doubles point play.

Class Options:

Monday	10:30 AM	12:00 PM
Friday	11:00 AM	12:30 PM

Pricing:

Member \$168.75

Non - Member \$187.50