



## Adult Group Tennis Lessons – Ages 18+ Beginner Clinic May Session



**CLASS DESCRIPTION:** Beginning players will focus on developing a solid foundation for their tennis journey by learning the fundamentals, which include good grip, footwork, and stroke methods. The teaching focuses on promoting the value of control and consistency. Our sessions focus on improving strategic gaming, honing skills already possessed by advanced players, and teaching more complex strategies like spin variations and smart court placement. Participants will get a sophisticated grasp of the game through tailored drills and feedback, which will promote their enjoyment and proficiency on the tennis court. Part of the session would be social interactive games, which are designed to improve tennis skills in a friendly social group setting where everybody will be able to find their place to feel comfortable and safe.

**INSTRUCTOR:** Pavel Pazourek. is a professional tennis coach with certification through USPTA. Pavel has been coaching for 15 years and has been playing tennis for over 26 years. In his coaching career, he had been working with some very influential coaches in the Rockingham region of the Town of Exeter, such as; Kyle Littlefield, Mark Milton, Michael Blaisdell, Brian Beck, and the director of Advantage Kids, Sue Vitko. Pavel's Mission is simple, "I would like to offer to all participants If you are a child or teenager or adult, or person with special needs the opportunity to grow and get better in playing tennis as a sport through a range of exercise skills, technical skills, physical activities of movements, drills and games that provide a friendly healthy competitive spirit and social interaction. In addition to coaching tennis, Pavel is also a residential counselor with over 26 years' experience for people with special needs. In his eyes, everybody must be included in this wonderful game. Min.4/Max.8.

**REGISTRATION/DATE:** Registration is open to Exeter and surrounding towns, on a first-come, first-served basis. Registrations are accepted at the Exeter Recreation Office during our business hours, on-line, by phone or mail. Payment must be paid at the time of registration.

**LOCATION:** Recreation Park (Lower Courts), 4 Hampton Road, Exeter NH.

**FEE:** Please make your check payable to E.P.R.D. Visa & MasterCard accepted. There will be a \$20.00 fee charged for each returned check.

Dates	Time	Fee
Mondays, May 12 – May 26, 2025 (3 weeks)	6:00PM – 7:00PM	\$90.00/Resident \$100/NR

**CANCELLATION:** Refunds will not be given after the registration deadline, unless the program is canceled, injury, serious illness, or we can fill your child(s) spot from someone on our waitlist.

**EXETER PARKS AND RECREATION DEPARTMENT**

**32 Court Street, Exeter, NH 03833**

**Phone: (603) 773-6151**

**[www.exeternh.gov/recreation](http://www.exeternh.gov/recreation)**

**Business Hours: Monday – Friday, 8:15am - 4:15pm**