



Beginner Lessons & Instruction

Learn the game • Build confidence • Have fun on court

Beginner Lessons and Instruction are a welcoming entry point into tennis at Venture Out, designed to help new and returning players learn the fundamentals, gain confidence, and enjoy the game in a relaxed, supportive setting. These lessons are offered throughout the season and focus on building skills step by step—no pressure, no prior experience required.

Who Can Join

- Club members: Lessons are available on an ongoing basis at no cost.
- Non-members: Welcome to try tennis with two free lessons before deciding whether to join the Club.

What the Lessons Cover

Group instruction sessions are led by advanced player volunteers who understand how to teach beginners with patience and encouragement. Instruction focuses on the essentials you need to play confidently:

- Serving basics
- Forehand and backhand groundstrokes from the baseline
- Footwork and positioning
- Fundamentals of playing doubles
- Doubles teamwork and strategy

Lessons are paced to allow plenty of repetition, questions, and encouragement, helping players progress comfortably and enjoy early success.

When and Where

Beginner Lessons run every Tuesday at 2:00 p.m. (please check the [Court Reserve](#) for updates to dates and times). Sessions take place at the NE SportsPlex, located in the 800 block of Navajo, offering excellent courts and a friendly, social atmosphere.

Why Players Love Beginner Lessons

- Learn in a fun, non-intimidating group environment
- Meet other players who are also new to the game
- Build skills that prepare you for social play, Play & Practice sessions, eventually League tennis and all the other opportunities available.
- Stay active, improve coordination, and enjoy the social side of tennis

Whether you're picking up a racket for the first time or returning to tennis after a long break, Beginner Lessons and Instruction are a great way to get started, make new friends, and discover just how enjoyable tennis can be.

For more information about beginner lessons and instruction, please contact **Tom Turgeon** at turgeontom@yahoo.com / 306-331-8333