

Palmetto Dunes Tennis Center Offers World-Class Facilities, State-of-the-Art Instruction for Players of Every Skill Level

HILTON HEAD ISLAND, SOUTH CAROLINA — Tennis and pickleball lovers are able to book their ultimate tennis vacation at Palmetto Dunes Oceanfront Resort on Hilton Head Island, S.C., and enjoy tennis court time, lessons, clinics and more daily at the award-winning Palmetto Dunes Tennis & Pickleball Center. In January, February and March, temperatures are incredibly moderate at Palmetto Dunes, with highs in the 60s. While it's snowing in much of the United States, guests at Palmetto Dunes typically start out in a warm-up suit or sweater and warm up quickly. Plus, Hilton Head Island stays evergreen all year-round, making Palmetto Dunes an ideal off-season destination for tennis and pickleball players of every skill level.

Palmetto Dunes offers 19 clay tennis courts, four of which are lighted for night play, and a beautifully well-stocked, 1,800-square-foot tennis pro shop — Hilton Head Island's largest. The Palmetto Dunes Tennis and Pickleball Center has been named the island's top tennis resort.

Palmetto Dunes also offers 24 pickleball courts, all of which are lighted for night play. Sarah Ansbury serves as the Palmetto Dunes Pickleball Touring Professional and Director of Pickleball Instruction. A nationally ranked tennis player, Ansbury has been a pioneer in the pickleball explosion of the last few years. She discovered pickleball in 2014 and was instantly hooked.

Thanks to its unparalleled tennis facilities, world-class reputation for developing skilled tennis players and its association with Palmetto Dunes Oceanfront Resort, the Palmetto Dunes Tennis and Pickleball Center is continually sought out as the host facility of choice for a wide range of events.

Palmetto Dunes hosts weekly clinics and drill sessions for youth and adults, as well as daily round robin tournaments. Seasonal events are available from March through October such as: Tuesday Welcome Pro Exhibition and Happy Hour on Monday nights at 5:30 PM, and Demo Days on Tuesdays at 2:30 PM. There's plenty to keep tennis enthusiasts busy.

Top-Notch Tennis and Pickleball Instruction

The energetic staff, all tennis professionals and aficionados, leads a wide range of weekly programs, including clinics, drill sessions and daily round robin tournaments. From March to October, the Tennis Center adds a weekly exhibition, happy hour and free demonstration day. The Tennis Center is also home to the area's best tennis pro shop, featuring the latest equipment, apparel and accessories. The center's instructional programs — which are among the most diverse in the nation — have been strategically designed for every age group and skill level. The resort's tennis program operates under the expert direction of Tennis Director John Kerr, who joined Palmetto Dunes Resorts as head tennis pro in 1990 and was promoted to program director in 1996.

Free Weekly Tennis Exhibition Every Monday at 5:30 p.m. (March-October)

One of the center's most popular tennis activities is the welcome exhibition and happy hour Monday afternoons at 5:30 p.m. Staff members and their guests gather over cocktails to watch the pros play on Centre Court. Door prizes are also available. Tuesday is demonstration day. Guests may try out the latest in racquet technology every Tuesday at 2:30 PM, while pros stand by to answer questions.

Adult Tennis Programs

The adult tennis program offers a variety of instructional opportunities each week, including a choice of eight specialized clinics. Popular adult programs include the 90-minute Grand Slam Clinic, which encompasses the fundamentals of stroke production, footwork and strategy, plus fast-paced drills and a ball machine workout. In addition, Cardio Tennis offers the ultimate high-energy workout with an emphasis on drills. This high-energy

program starts with a warm-up, followed by the cardio workout and a cool-down phase. Instructors use heart monitors to ensure participants safely reach their target heart rate.

Other adult program elements Competitive Edge Drills, which consist of exhilarating, fast-paced practice with a purpose, and the Daily Drill, a one-hour session designed to improve the player's ability to consistently deliver the stroke of the day. Private and semi-private tennis instruction also is available.

Junior Tennis Programs

The juniors program offers a variety of programs each week, including five different programs and clinics, between March and Labor Day. The Short Shots Clinic, which combines tennis fun with motor skills development for ages 4 and 5, and the Super Shots Clinic, which incorporates in-depth instruction on each stroke with fun activities for ages 5-8, are both popular. Other junior programs include the Junior Tennis Camp and Big Shots Clinic.

Adult Pickleball Programs

The Palmetto Dunes Tennis & Pickleball Center not only features 24 dedicated Pickleball courts, all lighted for night play, but also one of the most comprehensive instructional programs on the east coast. Our resident Director of Pickleball Instruction, Sarah Ansboury, has built an exceptional program to help advance her students' abilities, as well as the sport itself. Palmetto Dunes offers a wide variety of pickleball private and semi-private lessons and clinics for players of all skill levels, including Morning and Afternoon Pickleball 101, Combo Clinics & Ladder Round Robins, Match Skill Challenges, Dink Wars, and Night and Day Socials.

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About Palmetto Dunes Oceanfront Resort

Palmetto Dunes Oceanfront Resort is a 2,000-acre resort destination located in the middle of Hilton Head Island, S.C., bounded by 3 miles of Atlantic Ocean beach on one side and a sheltered Intracoastal Waterway marina on the other. Named No. 3 "Best Resort in the South" in Condé Nast Traveler's Readers' Choice Awards and to the top 25 World's Best Family Getaways by Travel + Leisure, the resort features vacation home and villa rentals, three world-class golf courses, an award-winning tennis and pickleball center, an 11-mile inland salt-water lagoon system for kayaking and fishing, and Hilton Head Outfitters for bike rentals, canoes, kayaks, fishing, beach rentals and retail shopping. The Mediterranean-style Shelter Cove Harbour & Marina, Hilton Head Island's largest deep-water marina, located right across from Palmetto Dunes, features waterfront shopping and dining and a wide variety of charters, including nature cruises, dolphin tours, fireworks tours and fishing. For information about activities or reservations, please call 877-567-6513 or visit www.palmettodunes.com.

Media Contacts

Martin Armes, (919) 608-7260, martinarmes@nc.rr.com

Brad King, (336) 306-9219, king@bradkingcommunications.com