



# Adult Tennis Clinics Summer 2019



USTA Competitive Training Center (CTC)

Program Dates July 1st— Aug 25th (8 weeks)

**NO CLASSES ON JULY 4th!!!**



**Prices are Member | Non-Member—Be sure to sign up by Friday May 31 for Early Bird Pricing!**

## Adult Beginner Performance (NTRP 2.0-3.0)

Cooperative rally skills using yellow balls. Beginner stroke technique fundamentals and introduction to scoring.

Date	Time	Early Price	After 5/31
Wednesday	6:30-7:30pm	\$216   \$292	\$256   \$357
Saturday	1:00-2:00pm	\$216   \$292	\$256   \$357
Sunday	1:00-2:00pm	\$216   \$292	\$256   \$357

## Adult Beginner Match Play (NTRP 2.0-3.0) \*MAX OF 4 Players

Instructor will go over beginner match strategies and court positioning for both singles and doubles.

Date	Time	Early Price	After 5/31
Tuesday	11:30-1:00pm	\$240   \$316	\$280   \$356
Saturday	5:00-6:30pm	\$240   \$316	\$280   \$356

## Adult Intermediate Performance (NTRP 3.0-3.5) (Graduated from Adult Beginner Performance)

Refined stroke technique for groundstrokes, volleys, serves, and overheads. Introduction to singles and doubles strategy.

Date	Time	Early Price	After 5/31
Wednesday	7:30-8:30pm	\$216   \$292	\$256   \$357
Friday	9:30-11:00am	\$324   \$374	\$364   \$414
Saturday	2:00-3:00pm	\$216   \$292	\$256   \$357
Sunday	2:00-3:00pm	\$216   \$292	\$256   \$357

## Cardio Tennis (All Levels)



Fun & fast paced dead and live ball drills - Designed to raise your heart rate & give you a great workout! (You'll hit a min. of 100 balls and burn 1,000 calories!)

Date	Time	Member	Non-Member
Tuesday	7:30-8:30pm	FREE!	\$292   \$317
Friday	8:00-9:00am	FREE!	\$292   \$317
Saturday	10:00-11:00am	FREE!	\$292   \$317

## Stroke of the Week (All Levels)

Practice and hone a different stroke each week. Space is limited. Please sign up on Xpiron.

Date	Time	Member	Non-Member
Wednesday	9:00-10:00am	FREE!	\$30
Friday	7:00-8:00pm	FREE!	\$30

## Adult Advanced High Performance (NTRP 3.5+) (Graduated from Adult Intermediate Performance)

Advanced footwork, playing patterns, and strategy. Advanced stroke technique for groundstrokes, volleys, overheads and serves.

Date	Time	Early Price	After 5/31
Wednesday	8:30-9:30pm	\$216   \$292	\$256   \$357
Saturday	3:00-4:00pm	\$216   \$292	\$256   \$357
Sunday	3:00-4:00pm	\$216   \$292	\$256   \$357

## Friday Night Social (All Levels)

Come out and meet new players by playing in our Friday night round robin style social. Pizza is provided for anyone who participates. Must sign up on Xpiron.

Date	Time	Member	Non-Member
Friday	8:00-11:00 pm	FREE!	\$50

### Contact Information:

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Tennis Member?  Yes  No \_\_\_\_\_

Home Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact #: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Payment:  On Account  Check  Cash  VISA/MC

**Withdrawal Policy:** Full payment for each session must accompany this form. Withdrawals must be received prior to the start of the session and are subject to a \$25 service charge. Refunds will not be issued for any reasons. Refunds will not be given for missed classes. All prorating of rates must have approval from the Tennis Director. It is understood that the student is in overall good health condition. With this registration, it is agreed to hold MTVAC and its staff harmless for injury or loss that may occur as a result of my (or child's) participation in the MTVAC's activities and I give consent to use images of me that may be taken during classes. All guests, including parents of children, must sign in at the front desk prior to entering. Equipment in the fitness area is for Members Only and cannot be used by visitors. Children under 12 must be with an adult or in the babysitting room if not participating in clinics or classes.

For office use only: InTouch \_\_\_\_\_ Constant Contact \_\_\_\_\_ Paid \_\_\_\_\_ Registered \_\_\_\_\_