

# USCTDP, Inc.

EST. 1983

## Fall/Winter 2019 - 2020 Adult Tennis Clinics Fall/Winter 2019 - 2020 CARDIO Tennis

### Adults

- Session I Aug. 26 – Sept. 29, 2019 5 Weeks - No Clinics on Sept. 2 - Mu on Sept. 7- Times TBA  
 Session II Oct. 7 – Dec. 8, 2019 9 Weeks - No Clinics on Nov. 27 – Dec 1, 2019 – Make ups TBA  
 Session III Dec. 10 – Feb. 17, 2020 8 Weeks - No Clinics on Dec. 23 – Jan. 5, 2020 (Clinics resume Jan. 6, 2020)  
 Session IV Feb. 18 – April 14, 2020 8 Weeks - No Clinics on April 6- April 12, 2020

### Adult Tennis Clinics

Adult Level 1 Clinic Novice		Adult Level 2 Clinic Advanced Beginner		Adult Level 3 Clinic Intermediate		Adult Level 4 Clinic High Intermediate	
Mon.	11:00 - 12:30 p.m.	Wed.	9:00 - 10:30 a.m.	Wed.	1:00 - 2:30 p.m.	Mon.	12:30 - 2:00 p.m.
Wed.	9:00 - 10:30 a.m.	Wed.	8:00 - 9:30 p.m.	Wed.	7:00 - 8:30 p.m.	Wed.	8:00 - 9:30 p.m.
Sun.	9:30 - 11:00 a.m.	Thurs.	9:00 - 10:30 a.m.	Thurs.	9:00 - 10:30 a.m.	Thurs.	8:00 - 9:30 p.m.
				Sun.	10:00 - 11:30 a.m.	Sun.	11:30 - 1:00 p.m.

Adult 5 Week Clinic Fees: \$145 One Day per Week \$270 Two Days per Week  
 Adult 8 Weeks Clinics Fees: \$232 One Day per Week \$444 Two Days per Weeks  
 Adult 9 Week Clinic Fees: \$261 One Day per Week \$502 Two Days per Week

### Cardio Tennis

**Cardio Tennis?** Cardio Tennis is first and foremost a great fitness activity! People of all abilities can participate in Cardio Tennis at the same time! It's a great way to push your fitness to a new level with a high energy workout while you improve your tennis skills. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. There are programs and drills geared for existing players to get a great cardio workout while improving skill. Program includes Warm-Up, Cardio Work-Out and Cool-Down Sessions.

For more information on Cardio Tennis, visit [www.cardiotennis.com](http://www.cardiotennis.com)

Day	Time	Adult 5 Week Cardio Fees:	Adult 8 Week Cardio Fees:	Adult 9 Week Cardio Fees:
Monday	10:30 – 12:00 p.m. (Advanced only) Monday 7:00 – 8:00 p.m. (Level 3.5)	One Day per Week \$104 Two Days per Week \$188	One Day per Week \$166 Two Days per Week \$312	One Day per Week \$186 Two Days per Week \$352
Tuesday	9:00 – 10:00 a.m. (Level 3.0 & up)	<b>Adult 5 Week Advanced Cardio Fees:</b> One Day per Week \$151 Two Days per Week \$282	<b>Adult 8 Week Advanced Cardio Fees:</b> One Day per Week \$242 Two Days per Week \$464	<b>Adult 9 Week Advanced Cardio Fees:</b> One Day per Week \$271 Two Days per Week \$522
Wednesday	7:00 – 8:00 p.m. (Level 3.5 - up)			
Thursday	9:00 - 10:00 a.m. (Level 3.0 & up)			
Friday	9:00 – 10:00 a.m. (Level 3.0 up)			
	12:00 - 1:00 p.m. (Level 3.5 -up)			

### USCTDP, Inc. Fall/Winter 2019 – 2020 ADULT TENNIS CLINICS / CARDIO REGISTRATION FORM

Registration Deadline: One Week in Advance of Session Start Date

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_ EMAIL: \_\_\_\_\_

HOME: (\_\_\_\_) \_\_\_\_\_ WORK: (\_\_\_\_) \_\_\_\_\_ CELL: (\_\_\_\_) \_\_\_\_\_

REGISTERING FOR: CLINIC SESSION: I \_\_\_\_\_ II \_\_\_\_\_ III \_\_\_\_\_ IV \_\_\_\_\_ CLINIC DAY(S) AND TIME(S) \_\_\_\_\_ LEVEL OF PLAY \_\_\_\_\_

REGISTERING FOR: CARDIO SESSION: I \_\_\_\_\_ II \_\_\_\_\_ III \_\_\_\_\_ IV \_\_\_\_\_ CARDIO DAY(S) AND TIME(S) \_\_\_\_\_ LEVEL OF PLAY \_\_\_\_\_

PLEASE INDICATE METHOD OF PAYMENT: CHECK ENCLOSED (PAYABLE TO USCTDP, INC.): VISA: \_\_\_\_\_ MASTER CARD: \_\_\_\_\_ DISCOVER: \_\_\_\_\_

ACCOUNT NUMBER: \_\_\_\_\_ EXPIRATION DATE: \_\_\_\_\_

Print Name on Card: \_\_\_\_\_ Signature: \_\_\_\_\_ (Required on Charge orders)

MAKE CHECKS PAYABLE TO: USCTDP, INC., 37 McMURRAY ROAD, BUILDING #1, SUITE # LL1, UPPER ST. CLAIR, PA 15241  
[www.usctdp.com](http://www.usctdp.com) Email: [tennis@usctdp.com](mailto:tennis@usctdp.com) Call to register and Direct Questions to 412-831-2630