

Upper St. Clair Tennis

EST. 1983

Fall/Winter 2020 - 2021 Adult Tennis Clinics

Fall/Winter 2020 - 2021 CARDIO Tennis

Adults

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|-------------|--------------------------|--|
| Session I | Aug. 24 – Oct. 4, 2020 | 6 Weeks - No Clinics on Sept. 7 - Mu on Sept. 12- Times TBA |
| Session II | Oct. 12 – Dec. 6, 2020 | 8 Weeks - No Clinics on Nov. 25 – Nov. 29, 2020 – Make ups TBA |
| Session III | Dec. 7 – Feb. 14, 2021 | 8 Weeks - No Clinics on Dec. 21 – Jan. 3, 2021 (Clinics resume Jan. 4, 2021) |
| Session IV | Feb. 15 – April 18, 2021 | 8 Weeks - No Clinics on March 29 - April 4, 2021 |

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 6 Week Clinic Fees: \$174 One Day per Week \$328 Two Days per Week
 Adult 8 Weeks Clinics Fees: \$232 One Day per Week \$444 Two Days per Weeks

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

| Day | Time | Adult 6 Week Cardio Fees: | Adult 8 Week Cardio Fees: |
|-----------|--|--|--|
| Monday | 9:00 – 10:30 a.m. (Advanced only) Monday 6:00 - 7:00 p.m. (Session I only) | One Day per Week \$125 Two Days per Week \$230 | One Day per Week \$166 Two Days per Week \$312 |
| Tuesday | 9:00 – 10:00 a.m. (Level 3.0 & up) | Adult 6 Week Advanced Cardio Fees: One Day per Week \$182 Two Days per Week \$344 | Adult 8 Week Advanced Cardio Fees: One Day per Week \$242 Two Days per Week \$464 |
| Wednesday | 6:00 – 7:00 p.m. (Level 3.5 - up) | | |
| Thursday | 9:00 - 10:30 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 2020 – 2021 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 Email: tennis@usctdp.com Call to register and Direct Questions to 412-831-2630