

USCTDP, Inc.

EST. 1983

Fall/Winter 2021 - 2022 Adult Tennis Clinics Fall/Winter 2021 - 2022 CARDIO Tennis

Adults

Session I	Aug. 23 – Oct. 3, 2021	6 Weeks - No Clinics on Sept. 6 - Mu on Sept. 11- Times TBA
Session II	Oct. 11 – Dec. 5, 2021	8 Weeks - No Clinics on Nov. 24 – Nov. 28, 2021 – Make ups TBA
Session III	Dec. 6 – Feb. 13, 2022	8 Weeks - No Clinics on Dec. 20 – Jan. 2, 2022(Clinics resume Jan. 3, 2022)
Session IV	Feb. 14 – April 24, 2022	9 Weeks - No Clinics on April 11 - April 7, 2022

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:	\$181 One Day per Week	\$342 Two Days per Week
Adult 8 Weeks Clinics Fees:	\$241 One Day per Week	\$462 Two Days per Week
Adult 9 Weeks Clinics Fees:	\$271 One Day per Week	\$522 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

Day	Time	Adult 6 Week Cardio Fees:	Adult 8 Week Cardio Fees:	Adult 9 Week Cardio Fees:
Monday	9:00 – 10:30 a.m. (Advanced) 10:30 -11:30 a.m. (New to Cardio 2.5 -up) 6:00 -7:00 p.m. (Level 3.5)	One Day per Week \$132 Two Days per Week \$244	One Day per Week \$176 Two Days per Week \$332	One Day per Week \$198 Two Days per Week \$376
Tuesday	9:00 – 10:00 a.m. (Level 3.0 & up)			
Wednesday	10:30 – 11:30 a.m. (Level 3.0 – up) 6:00 – 7:00 p.m. (Level 3.5 - up)	Adult 6 Week Advanced Cardio Fees: One Day per Week \$198 Two Days per Week \$376	Adult 8 Week Advanced Cardio Fees: One Day per Week \$264 Two Days per Week \$508	Adult 9 Week Advanced Cardio Fees: One Day per Week \$297 Two Days per Week \$574
Thursday	9:00 - 10:30 a.m. (Level 3.5 - up)			
Friday	9:00 – 10:00 a.m. (Level 3.0 up) 10:00 - 11:00 a.m. (New to Cardio 2.5 -up)			

USCTDP, Inc. Fall/Winter 2021 – 2022 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