

# USCTDP, INC.

EST. 1983

## Spring Adult Tennis Clinics & Cardio Tennis 2021

Spring Session – April 19, 2021 – June 13, 2021 - (8 Weeks)

No Clinics May 31– (Make up June 5- Times to be announced on our facebook page)

Please like us and follow us on Facebook to get the latest cancellations and make up postings

### SPRING Adult Tennis Clinics 2021

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.	9:00 - 10:30 a.m.	Mon.	12:30 - 2:00 p.m.
Tues.	9:00 - 10:30 a.m.	Wed.	10:30 – noon	Wed.	7:00 - 8:30 p.m.	Tues.	9:00 - 10:30 a.m.
Tues.	7:00 – 8:30 p.m.	Wed.	7:00 - 8:30 p.m.	Thurs.	9:00 - 10:30 a.m.	Wed.	8:00 - 9:30 p.m.
Sun.	9:30 -11:00 a.m.	Thurs.	9:00 - 10:30 a.m.	Sun.	10:00 – 11:30 a.m.	Sun.	11:30 - 1:00 p.m.

Spring Clinic Fees: Adult 8 Week Clinic Fees: \$232 One Day per Week \$444 Two Days per Week

### Spring Cardio Tennis 2021

*What is Cardio Tennis?? Cardio Tennis is a fun group activity for anyone, at any playing level, looking for a fun way to burn calories & interact with others outside of the gym. Cardio Tennis is a high energy fitness that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Most women can burn 300 to 500 calories per hour and men burn between 500 to 1,000 calories. Not only are you getting a great workout, but you are also learning a skill and training for tennis.*

For more information on Cardio Tennis, CONTACT MARCY FOR ANY Detailed Questions – 412-398-6066 OR email marcyb93@me.com

### 2021 Spring Days and Times Cardio

Monday	9:00 -10:30 a.m. Advanced. High skill level and high fitness level. Fast moving
	10:30 – 11:30 a.m. Starter Cardio Level. Low to to medium skill and fitness level
	6:00 – 7:00 p.m. Level 3.5 & up – Medium skill and fitness level
Wednesday	6:00 – 7:00 p.m. Level 3.5 & up-Advanced skill level and fitness level
Thursday	9:00 – 10:30 a.m. Level 3.0 & up- High skill level and fitness level- Fast moving
Friday	9:00 – 10:00 a.m. Level 3 & up- Medium skill and fitness level
	11:00 – 12:00 p.m. Starter Cardio – Low to medium skill and fitness level
Saturday	8:00 – 9:00 a.m. Level 3 & up – Very high skill and fitness level – HS / College players

### Spring 2021 Cardio Tennis Fees

<i>Adult 8 Week Cardio Fees:</i>	<i>Adult 8 Week Advanced Cardio Fees:</i>
One Day per Week \$166	One Day per Week \$242
Two Days per Week \$312	Two Days per Week \$464

ADDRESS: MAKE CHECKS PAYABLE TO: USCTDP, INC., 37 McMURRAY ROAD, BUILDING #1, SUITE # LL1, UPPER ST. CLAIR, PA 15241

ONLINE REGISTRATION: [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

