

# UPPER ST. CLAIR TENNIS

Est. 1983

## Adults

Session I	Aug. 22 – Oct. 2, 2022	6 Weeks - No Clinics on Sept. 5 -- Make ups TBA
Session II	Oct. 10 – Dec. 4, 2022	8 Weeks - No Clinics on Nov. 23 – Nov. 27, 2022 – Make ups TBA
Session III	Dec. 5 – Feb. 12, 2023	8 Weeks - No Clinics on Dec. 19 – Jan. 1, 2023
Session IV	Feb. 13 – April 23, 2023	9 Weeks - No Clinics on April 3 - April 9, 2023

## 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.	12:00 - 1:30 p.m.	Mon.	10:30 – 12:00 p.m.	Mon.	8:00 - 9:30 p.m.	Mon.	12:30 - 2:00 p.m.
Wed.	9:00 - 10:30 a.m.	Tues.	10:30 - 12:00 p.m.	Wed.	9:00 - 10:30 p.m.	Wed.	8:00 - 9:30 p.m.
Tues.	11:00 – 12:30 p.m.	Thurs.	9:00 - 10:30 a.m.	Wed.	1:00 - 2:30 p.m.	Thurs.	8:00 – 9:30 p.m.
Sun.	9:30 – 11:00 a.m.	Thurs.	8:00 – 9:30 p.m.	Thurs.	7:00 – 8:30 p.m.	Sun.	2:00 – 3:30 p.m.
				Sun.	10:00 – 11:30 a.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](http://www.cardiotennis.com)

Monday	9:00 – 10:00 a.m. (Advanced) Must have high racket skills and high fitness level	<b>Adult 6 Week Cardio Fees:</b> \$138 one day \$256 two days	<b>Adult 8 Week Cardio Fees:</b> \$185 one day \$350 two days	<b>Adult 9 Week Cardio Fees:</b> \$208 one day \$396 two days
	10-11 a.m. (Intermediate) Low to medium racket skills and medium high fitness level			
Wednesday	11-12 noon (Beginner Starter Cardio) Very new players, must have some racket skills or have taken lessons or clinics. Low to medium fitness level			
	6:00 - 7:00 p.m. (Intermediate to Advanced) Must have intermediate to high racket skills and medium to high fitness level			
Thursday	6:00 – 7:00 p.m. (Intermediate to advanced) Must have high to advanced racket skills and high to advanced fitness level			
	9:00 – 10:00 a.m. (Intermediate to Advanced) Must have intermediate to high racket skills and medium to high fitness level			
Friday	10:00 – 11:00 a.m. (Beginner Starter Cardio) Very new players, must have some racket skills or have taken lessons or clinics. Low to medium fitness level			
	9:00 – 10:00 a.m. (Intermediate to High) Must have intermediate racket skills and high advanced fitness level			
	10:00 – 11:00 a.m. (Intermediate level) Low to medium racket skills and medium to high fitness level			
	11:00 – 12noon – (Advanced) - Must have very high racket skills and very high fitness level. College level playing experience			

### USCTDP, Inc. Fall/Winter 2022 – 2023 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