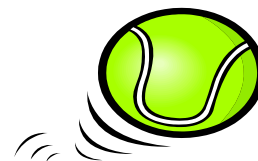


USCTDP, Inc.

EST. 1983

Summer 2022 Adult Tennis Clinics Summer 2022 Adult Cardio Tennis



Summer Session – June 13, 2022 – August 7, 2022 (8 weeks)

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

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

8 Week Clinic Fees: \$241 One Day per Week \$462 Two Days per Week

Adult Cardio Tennis:

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 calorie per hour. 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, visit www.cardiotennis.com or contact

MARCY FOR MORE DETAILS – 412-398-6066 OR email marcyb93@me.com

Monday	9:00 – 10:00 a.m. Advanced-very high skill and fitness level 4.0 and up 10:00 – 11:00 a.m. Starter Cardio. New to tennis. Low medium skill level medium fitness 11:00 – 12:00 p.m. Intermediate medium to high skill & fitness level 6:00 – 7:00 p.m. Intermediate to high skill & fitness level 3.5 & up	<p align="center">Adult 8 Week Cardio Fees: One Day per Week \$176 Two Days per Week \$332</p>
Wednesday	6:00 – 7:00 p.m. Advanced skill & high fitness. Level 3.5 & up. Fast moving	
Thursday	9:00 – 10:00 a.m. Intermediate to Advanced skill and fitness level 3.5 & up 10:00 – 11:00 a.m. Intermediate skill level and medium to high fitness level 3.0 and up	
Friday	9:00 – 10:00 a.m. Intermediate skill level. Medium to high fitness level. Fast moving 10:00 – 11:00 a.m. Starter Cardio-New To Cardio Tennis-Low to medium skill level	

USCTDP, INC. SUMMER 2022 REGISTRATION FORM

NAME: _____ AGE: _____ BIRTHDATE: _____ E-MAIL _____

ADDRESS: _____ CITY: _____ ZIP: _____ HOME: (____) _____ CELL: (____) _____

LEVEL OF PLAY: _____ CLINIC DAY(S) AND TIME(S): _____ CLINIC DAY(S) AND TIME(S): _____

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

ACCOUNT NUMBER: _____ EXPIRATION DATE: _____

PRINT NAME ON CREDIT CARD: _____ AMOUNT TO CHARGE: _____

SIGNATURE: _____ (REQUIRED ON ALL CHARGE ORDERS)

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

Register online at www.usctdp.com Email: tennis@usctdp.com

Call to register and Direct Questions to 412-831-2630