

# USCTDP, INC.

EST. 1983

## Spring Adult Tennis Clinics (7wks.) & Cardio Tennis 2023 (5-6wks.)

Spring Session – April 24, 2023 – June 11, 2023 - (7 Weeks)

No Clinics May 29– (Make up Times to be announced on our Facebook page- (No Make up for Cardio)

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

Spring Adult Tennis Clinics 2023 Days and Times							
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.	9:30 - 11:00 a.m.	Sun.	2:00 - 3:30 p.m.
7 Week Clinic Fees: \$211 One Day per Week \$402 Two Days per Week							

## Spring Cardio Tennis 2023

*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

## Spring Days and Times Cardio 2023(5 weeks or 6 weeks)

Monday (No class on Memorial 5 weeks clinic only & 1 week of rain out )	9:00 – 10:00 a.m. Advanced- very high racket skill and fitness level 10:00 – 11:00 a.m. Low Intermediate Cardio. MUST have taken lessons and have racket skill. Medium fitness level 7:00 – 8:00 p.m.-Intermediate and above. High racket skills and medium to high fitness Level. This is a 2 court class	<b>Adult 5 Week (Monday only)</b> <b>Cardio Fees:</b> One Day per Week \$125 Two Days per Week \$230  <b>Adult 6 Week</b> <b>Cardio Fees:</b> One Day per Week \$150 Two Days per Week \$280
Tuesday	9:00 – 10:00 a.m. Intermediate/advanced. High racket skills	
Wednesday	6:00 – 7:00 p.m. Intermediate/advanced. Very high racket skills and fitness level. Very fast paced and moving. This is a 2 court class	
Thursday	9:00 – 10:00 a.m. Intermediate/advanced. Very high racket skills and medium to high fitness level 10:00 – 11:00 a.m. 10:00 – 11:00 a.m. Beginner Cardio. Very new player. Must have taken some lessons or clinics and have racket skills. Low to medium fitness level	
Friday	9:00 – 10:00 a.m. Intermediate/advanced. High racket skills and medium to high fitness level. Very fast paced and moving. This is a 2 court class. 10:00 – 11:00 a.m. Intermediate. Medium racket skills and medium to high fitness level. This is a 2 court class.	

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