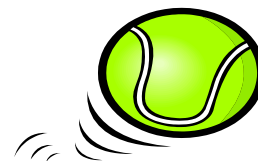


USCTDP, Inc.

EST. 1983

Summer 2023 Adult Tennis Clinics
Summer 2023 Adult Cardio Tennis



Summer Session – June 12, 2023 – August 6, 2023 (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	<p>9:00 – 10:00 a.m. - Advanced- very high racket skill and fitness level</p> <p>10:00 – 11:00 a.m.- Low Intermediate Cardio. MUST have taken lessons and have racket skill. Medium fitness level</p> <p>6:00 – 7:00 p.m.- Intermediate and above. High racket skills and medium to high fitness Level. This is a 2 court class</p>	<p>Adult 7 Week Cardio Fees: One Day per Week \$175 Two Days per Week \$330</p> <p>Adult 8 Week Cardio Fees: One Day per Week \$200 Two Days per Week \$380</p>
Tuesday (no class on 7/4- 7wk session only)	9:00 – 10:00 a.m. - Intermediate/advanced. High racket skills and high fitness level	
Wednesday	6:00 – 7:00 p.m. - Intermediate/advanced. Very high racket skills and fitness level. This is a 2 court class. Very fast paced and moving	
Thursday	<p>9:00 – 10:00 a.m.- Intermediate/advanced. Very high racket skills and medium to high fitness level</p> <p>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</p>	
Friday	<p>9:00 – 10:00 a.m. - Intermediate/advanced. High racket skills and medium to high fitness level. This is a 2 court class. Very fast paced and moving</p> <p>10:00 – 11:00 a.m.- Intermediate. Medium racket skills and medium to high fitness level. This is a 2 court class.</p>	

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