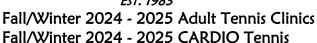
## USCTDP, Inc.







## <u>Adults</u>

Session I Aug. 26 – Oct. 6, 2024 6 Weeks - No Clinics on Sept. 2 - Make ups TBA

Session II Oct. 14 – Dec. 15, 2024 9 Weeks - No Clinics on Nov. 27 – Dec. 1, 2024 – Make ups TBA

Session III Dec. 16 – Feb. 23, 2025 8 Weeks - No Clinics on Dec. 23 – Jan. 5, 2025

Session IV Feb. 24 – April 27, 2025 8 Weeks - No Clinics on April 14 – April 20, 2025

| Adult Tennis Clinics   |                    |        |  |        |                                      |        |   |  |  |  |
|--|--------------------|--------|--|--------|--------------------------------------|--------|---|--|--|--|
| Adult Level 1 Clinic<br>Novice   |                    | -      | Adult Level 2 Clinic Advanced Beginner |        | Adult Level 3 Clinic<br>Intermediate |        | Adult Level 4 Clinic<br>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.   | 9:30 – 11:00 a.m.                    |        |   |  |  |  |
| Adult 6 Week Clinic Fees: \$184 One Day per Week \$348 Two Days per Week Adult 8 Weeks Clinics Fees: \$245 One Day per Week \$470 Two Days per Week Adult 9 Weeks Clinics Fees: \$276 One Day per Week \$532 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 <u>www.cardiotennis.com</u>

| 5 Weeks<br>only (No<br>class on 9/2<br>Sess. I)                   | 9:00 – 10:00 a.m. (Advanced) Must have high racket skills and high fitness level 6:00 -7:00 p.m. (Intermediate to Advanced) Must have intermediate to high racket skills and medium to high fitness level   | Adult 5 Week Cardio Fees:               |  | Adult 9 Week<br>Cardio Fees:<br>\$252 one day<br>\$484 two days |
|---|---|---|--|---|
| Wednesday   | <b>6:00 – 7:00 p.m. (Intermediate to advanced)</b> Must have high to advanced racket skills and high to advanced fitness level  | \$140 one day<br><b>\$260 two days</b>  | Adult 8 Week Cardio Fees: \$224 one day \$428 two days |   |
| Thursday<br>8 weeks<br>only<br>(no class on<br>11/28 Sess.<br>II) | 9:00 – 10:00 a.m. (Intermediate to Advanced) Must have intermediate to high racket skills and medium to high fitness level  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 | Adult 6 Week Cardio Fees: \$168 one day |  |   |
| Friday<br>8 weeks<br>only<br>(no class on<br>11/29 Sess.<br>II)   | 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   | \$316 two days                          |  |   |

## USCTDP, Inc. Fall/Winter 2024 - 2025 ADULT TENNIS CLINICS / CARDIO REGISTRATION FORM Registration Deadline: One Week in Advance of Session Start Date BIRTHDATE: \_AGE:\_ CITY: ADDRESS: \_\_\_\_\_Work: (\_\_\_\_\_)\_\_ CELL: (\_\_\_\_\_)\_ REGISTERING FOR: CLINIC SESSION: I\_\_\_\_\_II\_\_\_\_IV\_\_\_\_CLINIC DAY(S) AND TIME(S)\_\_\_\_ REGISTERING FOR: CARDIO SESSION: I \_\_\_\_\_II \_\_\_\_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:\_ \_EXPIRATION DATE:\_\_\_\_CVV#\_\_\_ ACCOUNT NUMBER: **Print** Name on Card: \_\_\_Signature:\_\_\_ \_\_(Required on Charge orders)