

USCTDP, Inc.

EST. 1983

Fall/Winter 2024 - 2025 Adult Tennis Clinics Fall/Winter 2024 - 2025 CARDIO Tennis

Adults

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 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.	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 www.cardiotennis.com

Day	Time	Level / Description	Adult 5 Week Cardio Fees	Adult 6 Week Cardio Fees	Adult 8 Week Cardio Fees	Adult 9 Week Cardio Fees
Monday	9:00 – 10:00 a.m. (Advanced)	Must have high racket skills and high fitness level	\$140 one day \$260 two days	\$168 one day \$316 two days	\$224 one day \$428 two days	\$252 one day \$484 two days
	6:00 -7:00 p.m. (Intermediate to Advanced)	Must have intermediate to high racket skills and medium to high fitness level				
Wednesday	6:00 – 7:00 p.m. (Intermediate to advanced)	Must have high to advanced racket skills and high to advanced fitness level				
Thursday	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				
Friday	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				

USCTDP, Inc. Fall/Winter 2024 – 2025 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: _____ CVV# _____

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 Email: tennis@usctdp.com Call to register and Direct Questions to 412-831-2630