

# USCTDP, Inc.

EST. 1983

## Fall/Winter 2025 - 2026 Adult Tennis Clinics Fall/Winter 2025 - 2026 CARDIO Tennis

### Adults

Session I	Aug. 25 – Oct. 5, 2025	6 Weeks - No Clinics on Sept. 1 - Make ups on 9/7 - Times to be announced
Session II	Oct. 13 – Dec. 21, 2025	9 Weeks - No Clinics on Nov. 24 – Nov. 30, 2025
Session III	Jan. 5 – March 1, 2026	8 Weeks
Session IV	March 2 – April 26, 2026	7 Weeks - No Clinics on March 30 – April 5, 2026

### 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:	\$198 One Day per Week	\$376 Two Days per Week
Adult 7 week Clinic Fees:	\$231 One Day per Week	\$442 Two Days per Week
Adult 8 Weeks Clinics Fees:	\$264 One Day per Week	\$508 Two Days per Week
Adult 9 Weeks Clinics Fees:	\$297 One Day per Week	\$574 Two Days per Week

### WHAT IS CARDIO TENNIS?

CARDIO TENNIS IS A HIGH ENERGY GROUP FITNESS EXPERIENCE WHICH USES THE SPORT OF TENNIS IN A STRUCTURED GAME BASED FORMAT TO DELIVER THE ULTIMATE, FULL BODY, CALORIE BURNING AEROBIC WORKOUT.

For more information on Cardio Tennis, visit: [cardiotennisinstructor.com](http://cardiotennisinstructor.com)

Monday	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: \$150 one day (Monday only)  Adult 6 Week Cardio Fees: \$180 one day \$340 two days	Adult 7 Week Cardio Fees: \$210 one day \$400 two days  Adult 8 Week Cardio Fees: \$240 one day \$460 two days	Adult 9 Week Cardio Fees: \$270 one day \$520 two days
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. (Intermediate Cardio) Intermediate skills and 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 2025 – 2026 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](http://www.usctdp.com) Email: [tennis@usctdp.com](mailto:tennis@usctdp.com) Call to register and Direct Questions to 412-831-2630