

# Bethel Park Tennis

EST. 1983

Fall/Winter 2016 - 2017 Adult Tennis Clinics  
Fall/Winter 2016 - 2017 Adult **CARDIO** Tennis

## Adults

|             |                          |  |
|-------------|--------------------------|--|
| Session I   | Aug. 22 – Oct. 2, 2016   | 6 Weeks – No Clinics on Sept. 5 - Mu on Sept. 10 Times TBA         |
| Session II  | Oct. 10 – Dec. 4, 2016   | 8 Weeks – No Clinics on Nov. 24 – Nov. 27, 2015 – Make ups TBA     |
| Session III | Dec. 5 – Feb. 19, 2017   | 9 Weeks- No Clinics on Dec. 19 – Jan. 1 (Resume clinics on Jan. 2) |
| Session IV  | Feb. 20 – April 23, 2017 | 8 Weeks- No Clinics on April 10 – April 16 (Resume on April 17)    |

## Adult Tennis Clinics

| Adult Level 1 Clinic<br>Novice |                    | Adult Level 2 Clinic<br>Advanced Beginner |                   | Adult Level 3 Clinic<br>Intermediate |                   | Adult Level 4 Clinic<br>High Intermediate |                   |
|--------------------------------|--------------------|---|-------------------|--------------------------------------|-------------------|---|-------------------|
| Mon.                           | 11:00 - 12:30 p.m. | Wed.                                      | 9:00 - 10:30 a.m. | Wed.                                 | 1:00 - 2:30 p.m.  | Mon.                                      | 12:30 - 2:00 p.m. |
| Wed.                           | 9:00 - 10:30 a.m.  | Wed.                                      | 8:00 - 9:30 p.m.  | Wed.                                 | 8:00 - 9:30 p.m.  | Thurs.                                    | 8:00 - 9:30 p.m.  |
| Sun.                           | 2:00 - 3:30 p.m.   | Thurs.                                    | 9:00 - 10:30 a.m. | Thurs.                               | 9:00 - 10:30 a.m. | Sun.                                      | 2:00 - 3:30 p.m.  |
|                                |                    | <b>Adult 6 Week Clinic Fees:</b>          |                   | <b>\$164 One Day per Week</b>        |                   | <b>\$308 Two Days per Week</b>            |                   |
|                                |                    | <b>Adult 8 Weeks Clinics Fees:</b>        |                   | <b>\$219 One Day per Week</b>        |                   | <b>\$418 Two Days per Weeks</b>           |                   |
|                                |                    | <b>Adult 9 Week Clinic Fees:</b>          |                   | <b>\$246 One Day per Week</b>        |                   | <b>\$472 Two Days per Week</b>            |                   |

## Adult 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](http://www.cardiotennis.com)

| Day       | Time   | Level | Cardio Fees  | Advanced Cardio Fees   |
|-----------|--|-------|--|--|
| Monday    | 10:30 – 12:00 p.m. (Advanced only)<br>11:00 – 12:00 p.m. (New to Cardio Tennis all Levels) |       | <b>Adult 6 Week Cardio Fees:</b><br>One Day per Week \$118<br>Two Days per Week \$216                                  | <b>Adult 6 Week Advanced Cardio Fees:</b><br>One Day per Week \$149<br>Two Days per Week \$278 |
| Tuesday   | 9:00 – 10:00 a.m.<br>(Level 2.5 – 3.0)   |       | <b>Adult 8 Week Cardio Fees:</b><br>One Day per Week \$157<br>Two Days per Week \$294                                  | <b>Adult 8 Week Advanced Cardio Fees:</b><br>One Day per Week \$230<br>Two Days per Week \$440 |
| Wednesday | 11:00 - 12:00 p.m. (Level 3 - up)<br>7:00 – 8:00 p.m. (Level 3.5 - up)                     |       | <b>Adult 9 Week Cardio Fees:</b><br>One Day per Week \$178<br>Two Days per Week \$336                                  | <b>Adult 9 Week Advanced Cardio Fees:</b><br>One Day per Week \$268<br>Two Days per Week \$516 |
| Thursday  | 9:00 - 10:00 a.m. (Level 2.5 –3.0)   |       |  |  |
| Friday    | 9:00 – 10:00 a.m. (Level 3.0 up)<br>12:00 - 1:00 p.m. (Level 3.5 –up)                      |       |  |  |
| Saturday  | Family Cardio<br>8:00 – 9:00 a.m. (Level 2.5 and up)                                       |       | <b>Adult TRX Cardio</b><br><u>Will be set up on a weekly basis.</u><br><u>Please contact Marcy or call the office.</u> |  |

## USCTDP, Inc. Fall/Winter 2016 – 2017 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: \_\_\_\_\_

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