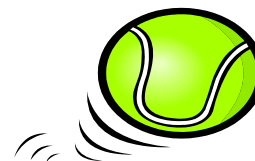


Bethel Park Tennis

EST. 1983

Summer 2017 Adult Tennis Clinics Summer 2017 Adult Cardio Tennis



Summer Session – June 12, 2017 – August 6, 2017 (8 weeks)
No clinics on 7/4 – Make up July 8, Times to be announced on website: www.usctdp.com
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.	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.	10:30 - Noon	Wed.	7:00 - 8:30 p.m.	Tues.	9:00 - 10:30 a.m.
Sun.	2:00 - 3:30 p.m.	Wed.	7:00 - 8:30 p.m.	Thurs.	9:00 - 10:30 a.m.	Thurs.	7:00 - 8:30 p.m.
		Thurs.	9:00 - 10:30 a.m.	Thurs.	10:30 - Noon	Sun.	2:00 - 3:30 p.m.

8 Week Clinic Fees: \$219 One Day per Week \$418 Two Days per Week

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. 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	8:30 – 10:00 a.m. – Advanced 7:00 – 8:00 p.m. Level 3.5 & up	Adult 8 Week Cardio Fees: One Day per Week \$157 Two Days per Week \$294 Adult 8 Week Advanced Cardio Fees: One Day per Week \$230 Two Days per Week \$440
Tuesday	9:00 – 10:00 a.m.-Level 2.5- 3.0	
Wednesday	8:00 – 9:00 a.m. Level 3.5 & up	
Thursday	9:00 – 10:00 a.m. Level 2.5 -3.0	
Friday	9:00 – 10:00 a.m. – Level 3.0 and up	
Saturday	8:00 – 9:00 a.m. Family Cardio All LEVELS	

TRX CARDIO TENNIS

TRX has partnered with Cardio Tennis® to help you specialize your training by combining TRX Suspension Training with Cardio Tennis. TRX Cardio Tennis is the ultimate ball striking calorie burning workout incorporating strength, muscle, endurance, balance and flexibility. TRX is a suspension training system designed to facilitate an enormous range of body weight training movements for the entire body. With the 2 partnered together you will experience the latest cutting edge in workout for your body while training for tennis. For more information contact Marcy Bruce- Cardio Director.

CONTACT MARCY FOR MORE DETAILS – 412-398-6066 OR email marcyb93@me.com

Thursday	8:30 – 10:00 a.m. (1 st 4 WEEKS ONLY)	Adult TRX Cardio 1st 4 Weeks ONLY Fees: One Day per Week \$128
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USCTDP, INC. SUMMER 2017 REGISTRATION FORM

NAME: _____ AGE: _____ BIRTHDATE: _____ E-MAIL: _____
 ADDRESS: _____ CITY: _____ ZIP: _____ HOME: (____) _____ WORK: (____) _____ CELL: (____) _____
 LEVEL OF PLAY: _____ CLINIC DAY(S) AND TIME(S): _____ CLINIC DAY(S) AND TIME(S): _____
 PLEASE INDICATE METHOD OF PAYMENT: CHECK ENCLOSED _____ (PAYABLE TO USCTDP, INC.): VISA: _____ MASTER CARD: _____ DISCOVER: _____
 ACCOUNT NUMBER: _____ EXPIRATION DATE: _____
 PRINT NAME ON CREDIT CARD: _____ AMOUNT TO CHARGE: _____ SIGNATURE: _____ (REQUIRED ON ALL CHARGE ORDERS)

NEW ADDRESS: MAKE CHECKS PAYABLE TO: 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