

# 2009-2010 ADULT CLASSES

5200 Paint Branch Parkway, College Park, MD 20740  
Ph 301-779-8000 Fax 301-779-8120



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## Session 3: January 4- February 21

For more information contact us at 301-779-8000.

### *INDIVIDUAL CLASS SCHEDULES*

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#### **Three and a Pro Match Play**

Looking for a fourth? Or maybe just some doubles pointers while you play.. Invite a pro to your doubles group!

**\$30.00 per person for a One Hour Session**

\*Can be scheduled through the Front Desk or with a Pro directly



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#### **Cardio Tennis**

#### ***All Levels***

Join us for fast-paced, high-intensity drills in this heart-pumping, total body workout. Push your fitness to a new level.

<b>Tuesday</b>	<b>6:00 - 7:00 pm</b>	Member	\$21.50 per clinic
<b>Thursday</b>	<b>6:00 - 7:00 pm</b>	Non-Member	\$27.50 per clinic
<b>Saturday</b>	<b>8:00 - 9:00 am</b>		

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#### **Stroke of the Week**

#### ***All Levels***

This one-hour clinic is designed to improve one aspect of your game. This is an ideal clinic for those looking for a specific improvement, an intense workout, or an awesome warm-up for match or league play.

<b>Wednesday</b>	<b>7:00 - 8:00pm</b>	Member	\$21.50 per clinic
<b>Friday</b>	<b>Noon - 1:00 pm</b>	Non-Member	\$27.50 per clinic
<b>Sunday</b>	<b>Noon - 1:00 pm</b>		

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#### **2010 Ladder**

Play your way to the top! The TCCP Ladder is a great way to find competitive match play and meet other members at the club. Ladders include Men's and Women's Singles and Men's Women's and Open Doubles.

Register by email [acoppola@thetccp.com](mailto:acoppola@thetccp.com) or phone (301)779-8000 x105.

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**\*Stroke of the Week and Cardio Clinics:** participants are required to register and give payment in advance in order to secure their spot in these classes.

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