

2009-2010 ADULT INSTRUCTIONAL PROGRAMS

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



Session 3: January 4- February 21

To register, complete the form on the back of this sheet and turn it in to the front desk or fax it to 301-779-8120. For more information, contact Club Manager at 301-779-8000.

SCHEDULE OF PROGRAMS

Women's Doubles Troubles Clinic

For players looking to improve their doubles skills and strategies. Focuses include court positioning, controlling the net, poaching, touch shots and playing the percentages.

Wednesday 7:00-8:30 pm (level 4.0+)

Member \$225.00

Thursday 9:30-11:00 am (level 3.0 - 3.5)

Non-Member \$290.00

Thursday 7:00-8:30 pm (level 3.0-3.5)

*Member Discount – 2 days/week: 8%, 3 days/week: 16%



Men's

For players looking to improve their doubles skills and strategies. Focuses include court positioning, controlling the net, poaching, touch shots and playing the percentages.

Tuesday 7:30-9:00 pm

Member \$225.00

Non-Member \$290.00

*Member Discount – 2 days/week: 8%, 3 days/week: 1



Sub-Senior Doubles Drills (60+)

One and a half hour training offers perfectly paced drills for the senior player. Focuses include court positioning, controlling the net, poaching, touch shots and playing the percentages.

Monday 10:00-11:30 am

Member \$225.00

Non-Member \$290.00

*Member Discount – 2 days/week: 8%, 3 days/week: 16%



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!

1 hour \$0.00 per person



*Info about Scheduling/ Member vs. Non-Member Pricing

Adult Beginner

Level 2.0-2.9

For players who are just getting started in the game. Students receive instruction on basic techniques, as well as work on court positioning and consistency.

Wednesday 7:00 - 8:30 pm

Member \$225.00

Saturday 9:00 - 10:30 am

Non-Member \$290.00

*Member Discount – 2 days/week: 8%, 3 days/week: 16%

Adult Intermediate

Level 3.0-3.4

For players who are able to play singles and doubles. Students work on improving net play and basic tactics, as well as developing depth and variety with various strokes.

Tuesday 7:00 - 8:30 pm

Member \$225.00

Wednesday 9:00 - 10:30 am

Non-Member \$290.00

Saturday 11:00 - 12:30 pm

*Member Discount – 2 days/week: 8%, 3 days/week: 16%

Adult Pro-Workout

Level 3.5-3.9

For players who have consistent strokes and good positioning. Students develop the use of lobs, overheads, approach shots, and volleys

Thursday 7:00 - 8:30 pm

Non-Member \$290.00

Saturday 9 - 10:30 am

*Member Discount – 2 days/week: 8%, 3 days/week: 16%

Adult Champs Workout

Level 4.0+

For players who have begun to hit with power, spin, depth, and control. Students learn to use their serve as a weapon and continue to work on moving into a net position successfully in singles and doubles.

Wednesday 7:00 - 8:30 pm
Saturday 10:30 - Noon

Member \$225.00
Non-Member \$290.00
*Member Discount – 2 days/week: 8%, 3 days/week: 16%

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.

Tuesday 6:00 - 7:00 pm
Thursday 6:00 - 7:00 pm
Saturday 8:00 - 9:00 am

Member \$15.00 per clinic
Non-Member \$20.00 per clinic

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.

Wednesday 7:00 - 8:00pm
Friday Noon - 1:00 pm
Sunday Noon - 1:00 pm

Member \$15.00 per clinic
Non-Member \$20.00 per clinic

GENERAL INFORMATION & REGISTRATION

1. **Payment** – Full payment must be made at time of registration. If you wish to mail a check, please mail to the following address with your name, program names, session date and day of week.

The Tennis Center at College Park
ATTN: Club Manager
5200 Paint Branch Parkway
College Park, MD 20740

2. **Cancellations and Withdrawals** – Refunds or credits cannot be issued after a program has begun except for medical reasons.

3. **Make Up Procedures** – Make ups for missed classes will be available only during **June 3, 4, 5**. Please call the front desk to schedule make ups during these days.

4. **Inclement Weather** – If Prince George's schools are closed or are closing early due to inclement weather please call the club to find out whether your clinic has been cancelled.

Registration for Adult Programs

Adult Beginner _____ Wednesday _____ Saturday
Adult Intermediate _____ Tuesday _____ Wednesday _____ Saturday
Pro Workout _____ Thursday _____ Saturday
Adult Champs Workout _____ Wednesday _____ Saturday

Total Amount Enclosed \$ _____

Name _____ Address _____

City _____ State _____ Zip Code _____ Birthday _____

Phone Number _____ E-Mail _____

Credit Card Number _____ Expiration Date _____

I understand the nature and scope of the program listed. I understand that there are risks and dangers associated with the program. I understand that it is not the function of the Tennis Center at College Park, its employees, agents, operators or instructors to guarantee the safety of participants with respect to the program above. I also understand that each participant has the responsibility to exercise due care in the performance of the activities/program for the safety of himself/herself and the other participants. In consideration of the participants being permitted to enroll in the program, I hereby release, indemnify and hold harmless the Tennis Center at College Park, its employees, operators and instructors from any and all claims and demands, costs, charges and expenses for harm, injury, damage or loss which may be sustained by the participant as a result of, or relating to, participation in the program above. Refunds will only be given for medical reasons (physician's notice may be required for a medical refund). I have read and understand the above liability.

Signature _____

Date _____