



2012 ADULT INSTRUCTIONAL PROGRAMS

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 us at 301-779-8000.

Session 3: January 31 – April 2nd (9 Weeks)

Women's Doubles Strategy, Secrets, and Shots Level 3.0 - 3.5

Learn strategies, specific shot making, and the secrets to specific formations that have won championships!! Focus includes court positioning, taking control of the net with confidence, poaching and how to perform specialty shots.

Wednesday AM 9:30-11:00 am	Member	\$290
Wednesday PM 7:00-8:30 pm	Non-Member	\$395

Senior Doubles Drills (55+)

It's never too late to learn something new!! Get ready for the next senior event by learning new shots, perfecting old ones, and of course having fun while you do it!! Learn how to win at Senior Doubles!!

Monday 10:00-11:30 am	Member	\$290
	Non-Member	\$395

Adult Skills & Drills Level 3.0 - 3.5

Do the drills our champions do and go from good to great!!! Designed for players looking to improve strokes and develop new strategies, this clinic will focus on bringing more versatility to your game.

Tuesday 7:30 – 9:00 pm	Member	\$290
Saturday 10:30 - 12:00 pm	Non-Member	\$395

Spin and Power Workshop Level 3.5 - 4.0+

Learn to play aggressively by improving your shot making skills. Learn the art of the approach shot and finishing at the net confidently, controlling points from the baseline, and winning easy points on your serve thru specific drills designed to add offense to your game. This clinic will add to your arsenal of shots and bring more versatility to your game!

Thursday 7:00 - 8:30 pm	Member	\$290
Saturday 9:00 - 10:30 am	Non-Member	\$395

Adult High Performance (BY ADULT DIRECTOR APPROVAL ONLY) Level 4.5+

A competitive clinic designed specifically for former college and current competitive players. Each clinic will be run like a college team practice and involve intense drilling, competitive situational games and match play.

Wednesday 7:00 - 8:30 pm	Member	\$290
Saturday 10:30 - 12:00 pm	Non-Member	\$395

Drill and Play

Join us for instruction and exercise using fast paced drills and situational doubles play. The clinic will focus on court positioning and tactics. Class time will be split equally between drills and doubles play.

Sunday 10:30-12:00 pm	Member	\$290
Sunday 4:30-6:00 pm	Non-Member	\$395

Doubles Tactics

Advanced doubles play focused on technique and tactics.

Saturday 10:30-12:00 pm	Member	\$290
	Non-Member	\$395

Drop In Drills:

Cardio Tennis

Are you ready for some heart pumping action? Class is a combination of drill and game based themes. Come exercise in your ideal heart rate zone and burn calories.

Tuesday 6:00 – 7: 00 pm	Member	\$22
Thursday 6:00 – 7:00 pm	Non-Member	\$28

Stroke of the Week

Join us on court to work on various strokes including groundstrokes, volleys, serves, specialty shots, transition shots, etc.

Wednesday 7:00 – 8:00 pm	Member	\$22
	Non-Member	\$28

Senior Round Robin

Tuesday 9:30-11:30 am	Member	\$10
Friday 9:30-11:30am	Non-Member	\$20

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
5200 Paint Branch Parkway
College Park, MD 20740

2. **NOTE: The price quoted is for one-day per week.**

3. Drop-In Policy- Members only are allowed to schedule drop-ins to instructional classes by registering with the front desk at least 72 hours prior to the class, depending on whether there is space. Payment of \$41(1.5 hour class) will also be due at that time.

4. Inclement Weather: Please call the tennis center at (301)-779-8000 or visit our website for updates: www.thetccp.com.

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

6. A minimum of four people per clinic is required for the clinic to take place.

7. Make Up Procedures – Offered to Members Only. See the front desk to sign up for a makeup class. Request has to be at least 48 hrs in advance of class to be missed. Note that make-ups are not guaranteed. Maximum of two make ups per session. Make up classes cannot be carried over to the next session.

Women's Doubles Strategy	_____ Wednesday (AM)	_____ Wednesday (PM)
Senior Doubles Drills	_____ Monday	
Adult Skills & Drills	_____ Tuesday	_____ Saturday
Spin and Power Workshop	_____ Thursday	_____ Saturday
Adult High Performance	_____ Wednesday	_____ Saturday
Drill and Play	_____ Sunday AM	_____ Sunday PM
Doubles Tactics	_____ Saturday	

<u>Member Discount</u>
5% - 2 Days/Week
10% - 3 Days/ Week

Total Amount Enclosed \$ _____

Name _____ Address _____

City _____ State _____ Zip Code _____

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 _____