

2012 Winter Adult Tennis Programs – Evenings and Weekends

Tuesday, January 3 – Thursday, April 5, 2012

USA Tennis is a program that combines instruction and play while emphasizing the fun and social aspects of tennis.

Level 1 is an instructional program for beginners and for new players. (1.0-1.5)

Level 2 is for advanced beginners with limited experience, who can play points with serve. (2.0)

Level 3 is for players familiar with basic positions for singles and doubles, can play games with serve. (2.5-3.0)

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
No. of weeks	13	14	14	14	13	13
Level 1	7:00P-8:30P \$516.75	4:00P-5:30P \$556.50	7:00P-8:30 \$556.50	7:00P-8:30P \$556.50	10:00A-11:30A \$516.75	10:00A-11:30A \$516.75
		7:00P-8:30P \$556.50	8:30P-10:00P \$556.50		11:30A-1:00P \$516.75	11:30A – 1:00P \$516.75
						1:00P – 2:30P \$516.75
Level 2	7:00P-8:30P \$516.75	7:00P-8:30P \$556.50	7:00P-8:30P \$556.50	7:00P-8:30P \$556.50	10:00A-11:30A \$516.75	10:00A-11:30A \$516.75
	8:30P-10:00P \$516.75		8:30P-10:00P \$556.50	8:30P-10:00P \$556.50	11:30A-1:00P \$516.75	11:30A-1:00P \$516.75
					1:00P – 2:30P \$516.75	
Level 3	7:00P-8:30P \$516.75	7:00P-8:30P \$556.50	7:00P-8:30 \$556.50	7:00P-8:30P \$556.50	10:00A-11:30A \$516.75	10:00A-11:30A \$516.75
	8:30P-10:00P \$516.75	8:30P-10:00P \$556.50	8:30P-10:00P \$556.50	8:30P-10:00P \$556.50	11:30A-1:00P \$516.75	11:30A-1:00P \$516.75
					2:30P-4:00P \$516.75	2:30P-4:00P \$516.75

Cardio Tennis – “Heart pumping fitness” classes are offered based on NTC ratings, 2.5, 3.0, 3.5 & 4.0. - *one hour class

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
No. of weeks	13	14	14	14	13	13
Cardio 2.5-3.0	8:30P-9:30P * \$240.50	7:00P-8:00P * \$259.00	7:00P-8:30P \$388.50	7:00P-8:00P * \$259.00	9:00A-10:00A * \$240.50	9:00A-10:00A * \$240.50
Cardio 3.5	7:00P-8:30P \$360.75		7:00P-8:30P \$388.50		11:30A-1:00P \$360.75	10:00A-11:30A \$360.75
Boot Camp 4.0 & up		8:00P-9:30P \$388.50		8:00P-9:30P \$388.50	10:00A-11:30A \$360.75	

Doubles Drill & Play offers the serious tennis players a chance to combine instruction and drills specifically designed for doubles, with actual match competition. One hour of instruction and one hour of match play. (3.0 – 4.5)

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
No. of weeks		14	14	14		
Drill & Play NTC rating		7:00P-9:00P 3.0-4.5 \$840.00	7:00P-9:00P 3.0-4.5 \$840.00	7:00P-9:00P 3.0-4.5 \$840.00		

Please sign up online. Visit our website at www.ntc.usta.com

Game. Set. Match . . . Play Where Legends Are Made

www.ntc.usta.com

