



# Adult Tennis Clinics Spring | 2019



Program begins March 4th – April 21st  
7 weeks

\*Member Discounts only apply for members at Chestnut Forks



## Adult Beginner Express (Instant Rally)

Players with little or no exposure to tennis will be introduced to proper grips, basic swing motion for all strokes, rules, and scoring. This class benefits players with a NTRP rating of 1.0-2.0

Date	Time	Member	Non-Member
Saturday	8:30-9:30am	\$175 \$30 (Drop In)	\$215 \$38 (Drop In)

## Stroke of the Week (Drop In)

Space is limited. This hour long clinic works exclusively on strokes. We focus on the form and technique of all strokes. This clinic will also work on using these strokes in live ball drills as well as doubles and singles point play. Must RSVP.

Date	Time	Member	Non-Member
Wednesday	12:00-1:00pm	\$26	\$32

## USTA Team Practice

Match play clinic focusing on preparing for USTA/league matches. Clinic will stress footwork, proper stroke mechanics and strategy. Levels 2.5-4.0+.

Date	Time	Session	Drop In
Wednesday (Ladies 2.5)	9:00am-10:30am	\$210	\$35
Tuesday (Ladies 3.0)	9:00am-10:30am	\$210	\$35
Friday (Ladies 3.5)	9:00am-10:30am	\$210	\$35
Monday (Ladies 4.0)	9:00am-10:30am	\$210	\$35
Monday (Mixed Open)	6:00pm-7:30pm	\$210	\$35
Friday (Ladies Singles)	10:30am-11:30am	\$175	\$30

## Cardio Tennis/Pro Workout (Drop In)



Cardio Tennis is a great way for players to enjoy the game. In about an hour, you can get an AMAZING workout, socialize, and enjoy tennis all at once!

Date	Time	Member	Non-Member
Tuesday	8:00-9:00am	\$26	\$32
Thursday	8:00-9:00am	\$26	\$32
Friday	8:00-9:00am	\$26	\$32

## Tennis Socials

A fun, social round robin with pizza and soft drinks provided! Space is limited, arrive early to register. Must RSVP.

Date	Time	Member	Non-Member
Fridays/Saturdays	TBA	\$20	\$30

## Rapid Fire (Drill and Play)

This class includes live ball drills, fast paced drills and dynamic point play practice. (NTRP 3.0+)

Date	Time	Member	Non-Member
Wednesday	7:30-9:00pm	\$210	\$260
Thursday	12:00-1:30pm	\$210	\$260
Saturday	8:00-9:30am	\$210	\$260
Sunday	3:00-4:30pm	\$210	\$260
Drop in:		\$35	\$43

### Contact Information:

Name: \_\_\_\_\_ Member?  Yes  No

Home Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Payment:  On Account  Check  Cash  VISA/MC

Withdrawal Policy: Full payment for each session must accompany this form. Withdrawals must be received prior to the start of the session and are subject to a \$25 service charge.

Refunds will not be issued for any reasons. Refunds will not be given for missed classes. All prorating of rates must have approval from the Tennis Director. It is understood that the student is in overall good health condition. With this registration, it is agreed to hold Blue Chip and its staff harmless for injury or loss that may occur as a result of my (or child's) participation in the Blue Chip's activities and I give consent to use images of me that may be taken during classes. All guests, including parents of children, must sign in at the front desk prior to entering. Equipment in the fitness area is for Members Only and cannot be used by visitors. Children under 12 must be with an adult or in the babysitting room if not participating in clinics or classes.