



Adult Tennis Clinics Spring I 2019



USTA Competitive Training Center (CTC)

Program begins Feb 27th – April 30th (8 weeks)

No Play April 15th-April 19th

*Member Discounts only apply for members at Sport & Health



Adult Beginner Express

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	Session	Time	Member	Non-Member
Wednesday	3/5-4/30	7:30-8:30pm	\$210	\$330

Adult Intermediate Performance

A combination of dead and live ball drills are used in this class to work on consistency, accuracy, and strategy. This class is targeted for GWTA C1 players. Must have an NTRP rating of 2.5–3.0.

Date	Session	Time	Member	Non-Member
Monday	3/4-4/29	7:00-8:00pm	\$210	\$330

Adult Advanced High Performance

This class is designed for players who are at 4.0 and above. It features playing strategies, positioning and the finer points of the game.

Date	Session	Time	Member	Non-Member
Monday	3/4-4/29	8:00-9:30pm	\$300	\$408

Stroke of the Week

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
Thursday	12:00-1:00pm	\$25	\$40

Friday Night Social

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
Friday	8:30-11:00pm	\$20	\$35

Cardio Tennis

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
Monday	12:00-1:00pm	\$24	\$39
Wednesday	12:00-1:00pm	\$24	\$39
Friday	12:00-1:30pm	\$28	\$43
Sunday	12:00-1:30pm	\$28	\$43

Ladies Team Practice

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

Date	Time	Member	Non-Member
Tuesday (2.5/3.0)	10:00am-12:00pm	\$30	\$45
Wednesday (3.5/4.0)	10:00am-12:00pm	\$30	\$45
Friday (3.0/3.5)	10:00am-12:00pm	\$30	\$45

Rapid Fire

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

Date	Session	Time	Member	Non-Member
Saturday	3/2-4/27	9:00-10:00am	\$210	\$330

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.