



Tennis

at Anderson Hills Swim & Tennis Club

ADULT INSTRUCTIONAL

BEGINNER

Participants have little to no tennis playing experience and need instruction on basic techniques.

Monday.....5:00-6:00 pm
Tuesday.....11:00-12:00 pm

ADVANCED BEGINNER

Participants improve court positioning and consistency while learning basic tactics for singles and doubles.

Monday.....5:00-6:00 pm
Wednesday.....9:00-10:00 am

INTERMEDIATE

Participants develop the use of lobs, overheads, approach shots and volleys and are seldom out of position in singles or doubles.

Wednesday.....10:00-11:00 am

CARDIO TENNIS AGES 16+

Heart pumping tennis drills, games and skills deliver the ultimate full body workout. Burn 300+ calories in just an hour class. Levels 3.5+.

Friday.....9:30-10:30 am

** Additional classes can be scheduled according to demand.*

2020 SUMMER SESSION DATES

June 15 – July 12

4 Week Session

\$60 AHSTC Members

\$90 AHSTC Non-Members

July 13 – August 16

4 Week Session

\$60 AHSTC Members

\$90 AHSTC Non-Members

PRIVATE LESSONS AVAILABLE

For more info, contact:

Linda van Batenburg Stafford
Tennis Manager | Mercy HealthPlex
513-233-6806
lvbstafford@mercyhealthplex.com

Reserve your spot today!

Name: _____ DOB: _____

Address: _____

Phone: _____ Email: _____

Are you currently enrolled in a Mercy HealthPlex Tennis program?

☐ No ☐ Yes: What level? _____

Choose Your Session(s)

☐ June 15 – July 12 ☐ July 13 – August 16

Choose Your Class(es)

Beginner ☐ Mon, 5:00 pm ☐ Tue, 11:00 am

Adv. Beginner ☐ Mon, 5:00 pm ☐ Wed, 9:00 am

Intermediate ☐ Wed, 10:00 am

Cardio Tennis ☐ Fri, 9:30 am

** Note: You are committing to the same day each week for the length of the session. Fee is for one class per week. Classes require a minimum of 3 players to run and a max of 8 players.*

Payment

Payment: ☐ Visa ☐ MasterCard ☐ AMEX

Card #: _____ Expiration Date: _____

Name on Card: _____

Cardholder Signature: _____ Date: _____

Drop off, mail or email completed form at least 24 hours before the start of class:

Linda Van B. Stafford
Mercy HealthPlex Anderson
7495 State Road
Cincinnati, OH 45255
lvbstafford@mercyhealthplex.com