



ADULT SUMMER DRILLS & CARDIO TENNIS 2019

FOR 2.5 - 4.0 PLAYERS

Led by Marcus Fugate, Director of Tennis

DRILLS - For 4.0, 3.5, 3.0 & 2.5 Players

Groundstrokes, Net Play, Serve & Volley, Transition Play, Singles & Doubles Strategy, Competitive Games and More!

CARDIO TENNIS - For All Levels

Group activity designed to elevate your heart rate into your aerobic zone and burn calories. Classes include warm-up, cardio & cool down phases. Music is played to enhance the experience.

3 SESSIONS: [] **Session 1: JUNE 24 - JULY 13** - (NO CLASS THU. 7/4 - PLEASE PRORATE)

[] **Session 2: JULY 15 - AUGUST 3** [] **Session 3: AUGUST 5 - AUGUST 24**

REGISTER BEFORE JUNE 11th [] Save 15% - prepay for all 3 complete sessions [] Save 5% - prepay for any 2 complete sessions

ALL CLASSES 90 MINUTES • 7:00 A.M. DRILLS (Mon-Wed-Fri) 60 MINUTES

MONDAY

[] 7 - 8 a.m. [] 4.0 Drill
 [] 8:30 a.m. [] 3.5 Drill [] 2.5 Drill
 [] 6:00 p.m. [] 3.5 Drill [] 2.5 Drill

TUESDAY

[] 8:30 a.m. [] 3.0 Drill
 [] 6:00 p.m. [] 3.0 Drill

WEDNESDAY

[] 7 - 8 a.m. [] 4.0 Drill
 [] 8:30 a.m. [] 3.5 Drill [] Cardio
 [] 6:00 p.m. [] 3.5 Drill [] Cardio

THURSDAY

[] 8:30 a.m. [] 3.0 Drill [] 2.5 Drill
 [] 6:00 p.m. [] 3.0 Drill [] 2.5 Drill

FRIDAY

[] 7 - 8 a.m. [] 4.0 Drill
 [] 8:30 a.m. [] 3.5 Drill

SATURDAY

[] 7 - 8:30 a.m. [] 4.0 Drill [] Cardio
 [] 8:30 a.m. [] 3.5 Drill [] 3.0 Drill
 [] 10:00 a.m. [] 2.5 Drill

Make Up Policy:
 On a space available basis with advanced 24 hour notice only.

All make ups must be completed before the end of the session. There will be no refunds for missed days.

A customized schedule:
 May be available.
 Contact Todd Miller
 Email: todd.millertenniscenter@gmail.com

Discover the benefits of membership and save on this program:

Contact Nancy Rehak,
 Director of Membership
 Email: membership.millertenniscenter@gmail.com

3 WEEK SESSION RATES:

Days/Week	90 Min Member	Non-Member	60 Min Member	Non-Member
4	[] \$396	[] \$486	[] \$264	[] \$324
3	[] \$297	[] \$365	[] \$198	[] \$243
2	[] \$198	[] \$243	[] \$132	[] \$162
1	[] \$99	[] \$122	[] \$66	[] \$81

DROP IN'S - will pay 25% more per class and must call ahead for availability.

Total amount due \$_____ [] Cash [] Check [] Credit Card [] MTC Account (credit card on file required)

PAYMENT MUST ACCOMPANY APPLICATION FORM

Name _____ Phone _____ Cell _____

Address _____ City _____ State _____ Zip _____

Email _____