

# "LEARN TENNISFREE" AT MTC

A FREE Instructional Program for Adult Beginners Taught by Buffalo's Premier Pro Staff

## **Three Week Program:**

# August 29th - September 14, 2019

[Participants receive perks during the 3 week session]

#### CHOOSE ONE DAY/TIME PER WEEK FROM THE FOLLOWING:

**1 HOUR CLASSES:** [ ] THURSDAY 11:30 A.M - 12:30 P.M. [ ] SATURDAY 12:00 P.M. - 1:00 P.M.

1.5 HOUR CLASS: [ ] FRIDAY 6:00 P.M. - 7:30 P.M.

**SPACES ARE LIMITED - For First Time Participants Only** 

#### CALL NOW TO REGISTER:

Submit this registration form or call into the front desk 632-8600

### At the completion of the session, participants will:

Know the basic shots - serve, forehand, backhand, forehand & backhand volley, lob and overhead smash Know how to serve, return, rally and play (both singles & doubles) Learn basic rules of tennis • Learn various ways to practice

#### Continue with MTC programming - Starting September 16th Adult Quickstart • 2.5 Adult Drills • Cardio Tennis • MTC Leagues

Membership opportunities available - receive discounts on programs and much more!

Fall in love with the lifetime sport of tennis and all that it has to offer -FUN, FRIENDS & FITNESS

Name			Cell Phor	_Cell Phone	
Addres	SS		City	Zip	
Email_		Date of Birth			
			Williamsville, NY 14221 m Download our Free AP	632-8600 Fax: 632-6858 P - Miller Tennis Center	

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