



ADULT TENNIS CLINICS
Session II – Holiday 2010
Spencer Kooshian, Head Pro
With Dave Gardner
 Nov.3rd – Dec.22 (*6/*7/ 8 weeks)

AEROBIC TENNIS

Designed for 3.5 players & above, hitting hundreds of tennis balls to give a cardiovascular workout, incorporating all the strokes used in competition. A great way to improve conditioning and strokes at the same time.

		MEMBER	NON-MEMBER
Monday	11:00am - 1 2:30pm	\$ *158	\$* 183
Tuesday	6:30pm - 8:00pm	\$ *158	\$ *183
Wednesday	11:30am - 1:00pm	\$ 176	\$ 200
Friday	11:30am - 1:00pm	\$ *135	\$ *160
Saturday	11:00am - 12:30pm	\$ *135	\$ *160

INSTRUCTIONAL CLINICS

A good structured class designed to cover all the strokes for learning the game, as well as, for those who need a tune up in their technique. Drilling on strokes and strategy. All facets of the game covered.

Monday	6:00pm - 7:00pm	\$ *105	\$ *120
Thursday	6:00pm - 7:00pm	\$ *90	\$ *105
Friday	10:00am - 11:30am	\$ *135	\$ *150

STRATEGIC PERFORMANCE

This class is designed for players that have completed an instructional class. It features playing strategies, positioning and the finer points of the game. CHILD CARE IS AVAILABLE THROUGH OUR CLUB WITH A RESERVATION.

Wednesday	1:00pm - 2:00pm	\$ 120	\$ 135
Friday	11:30am – 12:30pm	\$ *90	\$ *105

For Private, Semi-Private, Small Groups, or Team Coaching, see the Tennis Director or Head Pro to make arrangements. The costs are (based on one hour lesson and per person):

Private:	\$ 70/\$35 Member \$75/\$37.50 Non-Member (per hour/1/2 hour)
Semi-Private:	\$ 38 Member/\$43 Non-Member (2-3 people)
4-6 Persons:	\$ 20/ Member/\$25 Non-Member
Team: (10 plus)	\$ 13 per hour

No Class Nov.25,26,27th

PLEASE PRINT CLEARLY, DETACH AND RETURN TO: 5% discount 2nd family member

BURKE RACQUET & SWIM CLUB
 6001 BURKE COMMONS ROAD, BURKE, VA 22015



Tennis-Spencer

Name _____ NTRP RATING _____ Is A Member? ___ Yes ___ No

Email: _____ Phone: H) _____ Wk) _____

Class _____ Day _____ Time _____ Fee \$ _____ Date paid _____

_____ I am renewing in this class (Don't have to fill in address, phone, etc.) N.A. Semester I