



ADULT TENNIS CLINICS
Session I – Fall 2010
Spencer Kooshian, Head Pro
with Dave Gardner
 Sept. 8th – Nov. 2 (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. This class is a great way to improve conditioning and strokes at the same time.

		MEMBER	NON-MEMBER	SLOTS Available
Monday	11:00am - 1 2:30pm	\$ 180	\$ 200	8
Tuesday	6:30pm - 8:00pm	\$ 180	\$ 200	10
Wednesday	11:30am - 1:00pm	\$ 180	\$ 200	8
Friday	11:30am - 1:00pm	\$ 180	\$ 200	10
Saturday	11:00am - 12:30pm	\$ 180	\$ 200	10

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. All facets of the game covered.

Monday	6:00pm - 7:00pm	\$ 120	\$ 135	6
Thursday	6:00pm - 7:00pm	\$ 120	\$ 135	7
Friday	10:00am - 11:30am	\$ 180	\$ 195	10

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	6
Friday	11:30am – 12:30pm	\$ 120	\$ 135	6

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

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

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

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