



# ADULT TENNIS CLINICS

## Session V – Spring 2012

### Spencer Kooshian, Head Pro

#### With Dave Gardner

April 23 – June 17th (\*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. Aerobic tennis is a great way to improve conditioning and strokes at the same time.

		MEMBER	NON-MEMBER	SLOTS Available
Monday	11:00am - 1 2:30pm	\$ *168	\$ *183	
Tuesday	6:30pm - 8:00pm	\$ 192	\$ 205	
Friday	11:30am - 1:00pm	\$ 192	\$ 205	
Saturday	10:00am - 11:30am	\$ *168	\$ *183	<i>Starts May 5</i>

### 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	\$ *112	\$ *127
Thursday	6:00pm - 7:00pm	\$ 128	\$ *127
Friday	10:00am - 11:30am	\$ 192	\$ 207

### 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.

Monday	6:00pm – 7:00pm	\$ *112	\$ *127	Closed
Wednesday	1:00pm - 2:00pm	\$ 128	\$ 143	Closed
Friday	11:30am – 1:00pm	\$ 192	\$ 207	

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 May 28th**

PLEASE PRINT CLEARLY, DETACH AND RETURN TO: 5% discount 2<sup>nd</sup> 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

**CANCELLATION POLICY** – YOU MAY CANCEL A TENNIS CLINIC IF THAT CLINIC HAS NOT YET BEGUN OR IF IT HAS NOT BEEN FILLED AND RECEIVE A FULL OR PRO-RATED REFUND. IF YOU CANCEL A CLINIC THAT HAS ALREADY STARTED OR HAS BEEN FILLED, YOU WILL RECEIVE A CREDIT TOWARDS A FUTURE TENNIS CLINIC, PER SPACE AVAILABLE. PLEASE SEE SPENCER FOR MORE INFORMATION ON CANCELLATION. Visit this program online at [www.burkeclub.com](http://www.burkeclub.com)

Tennis-Spencer