

# 2011/2012 MIDTOWN ATHLETIC CLUB®

## Adult Instructional Program

### SESSION DATES:

SESSION I:	Monday, August 22 <sup>nd</sup> – Sunday, October 30 <sup>th</sup> (No classes September 3 <sup>rd</sup> – 5 <sup>th</sup> ) – 10 weeks
SESSION II:	Monday, October 31 <sup>st</sup> – Sunday, January 15 <sup>th</sup> (No classes Nov. 24 <sup>th</sup> and 25 <sup>th</sup> Dec. 18 – Jan. 1) – 9 weeks
SESSION III:	Monday, January 16 <sup>th</sup> – Sunday, March 18 <sup>th</sup> – 9 weeks
SESSION IV:	Monday, March 19 <sup>th</sup> – Friday May 27 <sup>th</sup> (No class April 8 <sup>th</sup> ) – 10 weeks

### 2.6 – 3.0 NTRP Rating (Intermediate)

Sunday	9:00 – 10:30 am	Situational Drills
Thursday	9:00 – 10:30 am	Situational Drills
Friday	12:00 – 1:30 pm	Situational Drills

### 3.1- 3.5 NTRP Rating (Advanced Intermediate)

Sunday	10:30 – 12:00 pm	Situational Drills
Wednesday	9:00 – 10:30 am	Situational Drills
Thursday	9:00 – 10:30 am	Team Partner Drills
Thursday	8:00 – 9:30 pm	Situational Drills

### 3.6 – 4.0 (NTRP Rating (Adult Training))

Monday	10:30 – Noon	Team Partner Drills
Monday	6:00 – 7:30 pm	Situational Drills
Wednesday	10:30 – 12:00 pm	Situational Drills

### Drop-In Drill

*Participants can play and pay on a weekly basis*

<u>Cardio Tennis</u>			
Monday and Wednesday	12:00 – 1:00 pm	Monday (4.1 – 4.5)	8:00 – 9:30 pm
Tuesday	6:00 – 7:00 pm	Tuesday (Seniors)	1:30 – 3:00 pm (\$22)
Saturday	1:00 – 2:00 pm	Tuesday (3.1 – 4.1)	7:00 – 8:30 pm
Sunday	9:00 – 10:00 am	Wednesday (4.1+)	12:00 – 1:00 pm (\$22)
		Thursday (3.1 – 3.5)	10:30 – Noon
<u>Cardio Tennis Plus</u>		Saturday (2.6 – 3.5)	9:00 – 10:30 am
Friday	12:00 – 1:00 pm	Saturday (3.6 – 4.0)	10:30 – Noon
		Sunday (3.6 – 4.0)	4:00 – 5:30 pm

### Jump Start to Cardio

Monday	5:00 – 6:00 pm
Wednesday	11:00 – 12:00 pm
	5:00 – 6:00 pm

### Game Builder Cardio

Monday (3.1-3.9)	9:00 – 10:00 am
Thursday (3.1 – 3.9)	6:00 – 7:00 pm
Friday (2.1 – 2.9)	11:00 – 12:00 p m

1 hour class	\$18.50 per class (must sign up for full session)
1 ½ hour class	\$28.00 per class (must sign up for full session)
Drop-In Class	\$32.00 per class (punch card: \$243.00)
Senior Drop-In Class	\$25.00 per class (Tuesdays only)
Cardio Tennis	\$17.00 per class (punch card: \$150.00)

**Situational Drills:** Live ball drills will be used along with various physical activities to help enhance your tennis game.

**Team Drills:** Sign-up with a team partner to work on team strategies, drills and match play.

**CHOICE OF SESSION:**

\_\_\_\_\_ Session I    \_\_\_\_\_ Session II    \_\_\_\_\_ Session III    \_\_\_\_\_ Session IV

Full payment must accompany registration form.                      Check Enclosed    \$ \_\_\_\_\_

Charge my:    Visa \_\_\_\_\_    MasterCard \_\_\_\_\_    AMEX \_\_\_\_\_    Discover \_\_\_\_\_    House Charge \_\_\_\_\_

Credit Card Number: \_\_\_\_\_                      Expiration Date: \_\_\_\_\_

Class NTRP Rating    \_\_\_\_\_                      Day: \_\_\_\_\_                      Time: \_\_\_\_\_

Name (Please print): \_\_\_\_\_                      NTRP Rating: \_\_\_\_\_

Home Phone: \_\_\_\_\_    Business Phone: \_\_\_\_\_    Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

1. Full payment must be included with the registration form. (Exception: If a student enrolls in a class after the start of the session and is unable to make-up the classes that are missed, then a pro rate fee may be approved by the Tennis Director.
2. Make check payable to Midtown Athletic Club; Visa, Master Card, American Express, Discover and House Charges are accepted.
3. Membership required for registration.
4. Fee is non-refundable except as follows:
  - a. For medical disabilities, a pro rata refund or credit less a 10% processing charge shall be given from the date the refund is requested when accompanied with a doctor's statement explaining the nature of the disability or injury.
  - b. A refund or credit less a 10% processing charge shall be given to a student who drops a class before the start of the session.
  - c. A student shall be given a pro rata refund or credit should a class be cancelled after start of the session.
  - d. A student who does not meet the N.T.R.P. requirements will be asked to withdraw from the class and be issued a refund or credit.
  - e. If an individual class is cancelled, Midtown Athletic Club will make every effort to reschedule the class on a date agreeable to all students. If the class cannot be rescheduled, each student will be given a refund or credit for the cancelled class. If a student cannot attend the rescheduled class, then that student will be given a credit or refund for the class.  
*\*\*Only the Tennis Director may approve lesson refunds, credits or pro rata fees.*
5. There is a minimum and maximum enrollment per class.
6. Acceptance into a class is based on meeting N.T.R.P. qualifications as noted for each class level. (See 4d. above)
7. Make-ups are not guaranteed. A student may request a maximum of one make-up per session. Make-ups may not be scheduled after completion of the session. Approval of make-up requests subject to availability of alternate times.

Signature \_\_\_\_\_                      Date \_\_\_\_\_

The Adult Instructional Program includes seven different class levels. Students are classified using the NTRP\* scale. The curriculum varies according to level. The following description will help the student choose the correct class level: \* National Tennis Rating Program (N.T.R.P.) – The N.T.R.P. is a nation wide rating system that categorizes players on a 1.0 to 7.0 scale. Midtown uses the rating system to place students into the different class levels. Please check with your Midtown pro for current verification of your N.T.R.P. rating. Brochures explaining the N.T.R.P. are available at the Front Desk.

2.6 – 3.0 (Intermediate) - This student can play singles and doubles, but needs to improve net play and basic tactics.

3.1 – 3.5 (Advanced Intermediate) - This player has dependable strokes, but lacks depth and variety. This player lacks consistency when trying for power.

3.6 – 4.0 (Adult Training) - This player has dependable strokes and aggressive net play. Can use lobs, overheads and approach shots. Uses teamwork in doubles.

4.1 – 4.5 (Advanced Adult Training) – Available through Director of Tennis.