



# Drill Groups/Cardio Tennis/Drop-in Doubles

September 2011 – May 2012

Midtown's adult tennis drills are great for those players who like the structure of a drill and also want to learn and work on strategy and tactics for doubles and singles match play.

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## Co-ed Weekly drills

3.0 – 3.5 level

\$31/class

There will be a weekly sign-up at the front desk. You can call the front desk to reserve your spot. Limit 6 players per court. If there is a demand, more courts will be added to accommodate more players

Wednesday 7:00p.m. - 8:30p.m.

Saturday 9:00a.m. - 10:30a.m.

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## Men's Drills

3.5 level and up

\$31/class

There will be a weekly sign-up at the front desk. You can call the front desk to reserve your spot. Limit 6 players per court. If there is a demand, more courts will be added to accommodate more players

Saturday 10:30a.m. - 12:00p.m.

Thursday 7:00p.m. - 8:30p.m.

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## Cardio Tennis

\$17/class

\$150/10-session package

Sign-up at the front desk is required. Cardio Tennis is a nationwide tennis and fitness program that promises fun and heart-pumping fitness. Cardio Tennis is a fun group activity featuring drills to give to give players of all abilities an ultimate, high-energy workout. Cardio Tennis is meant to supplement a player's regular tennis routine.

Saturday 10:30a.m. - 11:30a.m.

Tuesday 7:00p.m. – 8:00p.m.

Thursday 7:00p.m. – 8:00p.m.

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## Drop-In Doubles

\$8.50/day

Sign up at the front desk or just drop in. There are two courts reserved and the potential to reserve more courts if the demand arises.

Come enjoy great tennis and great company at any of the three times offered.

Tuesday 2:30p.m. – 4:00p.m.

Friday 3:00p.m. - 4:30p.m.

Sunday 12:30p.m. – 2:00p.m.

be  
a player

**MIDTOWN**

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