

2011-2012

MIDTOWN

ATHLETIC CLUB®

Cardio Tennis: Heart Pumping Fitness

Cardio Tennis has been developed to encourage quality physical activity. One of our trained tennis professionals will provide a work out where players of different fitness, age, and skill levels participate in the same Cardio Tennis Session.

Participants will consistently elevate their heart rates into their aerobic training zone, enabling them to burn calories, increase cardiovascular fitness and other fitness components. Cardio tennis is a great way to get in shape, cross-train, or just work out with friends. High-energy music and heart rate monitors will be used to enhance this great new program. At least twice a week is encouraged, but not mandatory. Our schedule is listed below. Are you ready for some heart pumping action?

Class Offerings:

Mondays 8:00-9:00 a.m.
Mondays 7:00-8:00 p.m.
Mondays 8:30-9:30 p.m.
Wednesdays 8:00-9:00 a.m.
Fridays 8:00-9:00 a.m.
Fridays 9:00-10:00 a.m.
Sundays 9:00-10:00 a.m.

FEES:

SESSION – 10 classes

Members:

1 hour class.....\$140

Members:

Individual Class.....\$18

2011-12 Adult Registration Form

Full Payment must accompany registration form.

Charge my: Visa Master Card AMEX Discover

Account # _____ Exp. _____

Club Account Enclosed class fee \$ _____

First Choice: Class rating _____ Day _____ Time _____

Second Choice: Class rating _____ Day _____ Time _____

Name (Please Print) _____ N.T.R.P Rating _____ Member _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Business Phone _____ Cell Phone _____

E-Mail Address: _____

National Tennis Rating Program (N.T.R.P.) – The N.T.R.P. is a nationwide rating system, which categorizes players on a 1.0 to 7.0 scale. The Athletic Club at Weston uses this rating system to place students into the different class levels. Please check with your Athletic Club at Weston tennis professional for current verification of your N.T.R.P. rating.

Payment, membership requirement, enrollment, refund and make-up policies:

1. **Full Payment must be made before participating in each class.**
2. Make check payable to Midtown Athletic Club Visa, MasterCard, American Express, Discover, and Club Charge accepted.
3. Fee is non-refundable except as follows:
 - a. For medical disabilities, a pro-rated refund or credit less a 10% processing charge shall be given from the date the refund is requested when accompanied by a doctor's statement explaining the nature of the disability or injury.
 - b. A refund or credit less 10% processing charge shall be give to a student who drops a class before the start of a session.
 - c. A student shall be given a pro-rated refund or credit should a class be cancelled after the start of the session.
 - d. A pro-rated refund or credit shall be issued to a student who is asked to withdraw from a class due to not meeting entry-level requirements.
 - e. If an individual class is cancelled due to rain or other extenuating circumstances, The Athletic Club at Weston shall make every effort to reschedule the class on a date agreeable to all students. If the class cannot be rescheduled, each student shall be given a refund or credit for the cancelled classes. If a student cannot attend the rescheduled class, the student shall be given a credit or refund for the class.
 - f. The Adult Director may approve lesson refunds, credits or pro-rated fees contingent on approval by the Director of Tennis.
4. There is a minimum and maximum enrollment per class.
5. Assume first class choice unless otherwise called.
6. Acceptance into a class is based on meeting qualifications as noted on the application. (See 4d. above.)
7. A student is allowed two make-up classes per session. Make-ups may not be scheduled after completion of the session.
8. Make-up requests are subject to Tennis Director approval and availability of alternative times.

Students Signature _____ Date _____

