

USCTDP, INC.

EST. 1983

Spring & Summer Adult Tennis Clinics & Cardio Tennis 2024

Spring Session – April 29, 2024 – June 9, 2024 - (6 weeks) - No Clinics May 27– (Make up June 1)

Summer Session – June 10, 2024 – August 4, 2024 – (8 weeks) –No class 7/4- Make up on 7/6 - TBA

SPRING AND SUMMER Adult Tennis Clinics 2024															
Adult Level 1 Clinic Novice				Adult Level 2 Clinic Advanced Beginner				Adult Level 3 Clinic Intermediate				Adult Level 4 Clinic High Intermediate			
Mon.	12:00 - 1:30 p.m.			Mon.	9:00 - 10:30 a.m.			Mon.	10:30 - 12:00 p.m.			Mon.	1:00 - 2:30 p.m.		
Mon.	7:00 - 8:30 p.m.			Tues.	7:00 - 8:30 p.m.			Mon.	8:00 - 9:30 p.m.			Tues.	9:00 - 10:30 a.m.		
Tues.	7:00 - 8:30 p.m.			Tues.	9:00 - 10:30 a.m.			Wed.	9:00 - 10:30 a.m.			Wed.	8:00 - 9:30 p.m.		
Wed.	10:30 - 12:00 noon			Wed.	7:00 - 8:30 p.m.			Wed.	1:00 - 2:30 p.m.			Thurs.	8:30 - 10:00 p.m.		
Sun.	9:30 - 11:00 a.m.			Fri.	11:00 - 12:30 p.m.			Thurs.	7:00 - 8:30 p.m.			Sun.	2:00 - 3:30 p.m.		
								Sun.	9:30 - 11:00 a.m.						
Spring Clinic Fees: Adult 6 Week Clinic Fees: \$184 One Day per Week \$348 Two Days per Week Summer Clinic Fees: Adult 8 Week Clinic Fees: \$245 One Day per Week \$470 Two Days per Week															



SPRING AND SUMMER 2024 CARDIO TENNIS



What is Cardio Tennis?

A group fitness experience using tennis to drive the aerobic and anaerobic benefits. This is a structured, games based, "High Intensity Tennis Training" experience.

For more information on Cardio Tennis, CONTACT MARCY FOR ANY Detailed Questions – 412-398-6066 OR email marcyb93@me.com

Spring Days and Times Cardio 2024		Summer Days and Times Cardio 2024	
Monday (5wks only- No class on 5/27)	9:00 – 10:00 a.m. Advanced 10:00 – 11:00 a.m. Low Intermediate 7:00 – 8:00 p.m. Intermediate and above	Monday	9:00 – 10:00 a.m. Advanced 10:00 – 11:00 a.m. Low Intermediate 6:00 – 7:00 p.m. Intermediate and above
Tuesday	9:00 – 10:00 a.m. Intermediate/advanced	Tuesday	9:00 – 10:00 a.m. Intermediate/advanced
Wednesday	6:00 – 7:00 p.m. Intermediate/advanced	Wednesday	6:00 – 7:00 p.m. Intermediate/advanced
Thursday	9:00 – 10:00 a.m. Intermediate/advanced 10:00 – 11:00 a.m. Beginner/Low Intermediate	Thursday (7 weeks only- No class on 7/4)	9:00 – 10:00 a.m. Intermediate/advanced 10:00 – 11:00 a.m. Beginner/Low Intermediate
Friday	9:00 – 10:00 a.m. Intermediate/advanced 10:00 – 11:00 a.m. Intermediate	Friday	9:00 – 10:00 a.m. Intermediate/advanced 10:00 – 11:00 a.m. Intermediate
Spring 2024 Cardio Tennis Fees		Summer 2024 Cardio Tennis Fees	
Adult 5 Week Cardio (Mon. only): One Day per Week \$135 Two Days per Week \$250	Adult 6 Week Cardio One Day per Week \$162 One Day per Week \$304	Adult 7 Week Cardio (Thurs. only): One Day per Week \$189 Two Days per Week \$358	Adult 8 Week: One Day per Week \$216 Two Days per Week \$412

ADDRESS: MAKE CHECKS PAYABLE TO: USCTDP, INC., 37 McMURRAY ROAD, BUILDING #1, SUITE # LL1, UPPER ST. CLAIR, PA 15241

ONLINE REGISTRATION: www.usctdp.com Email: tennis@usctdp.com
Call to register and Direct Questions to 412-831-2630