

USCTDP, INC.

EST. 1983

Spring & Summer Adult Tennis Clinics & Cardio Tennis 2025

Spring Session – May 5, 2025 – June 8, 2025 - (5 weeks) - No Clinics May 26– (Make up May 31)

Summer Session – June 9, 2025 – August 3, 2025 – (8 weeks) – No class 7/4- Make up on 7/12 - TBA

SPRING AND SUMMER Adult Tennis Clinics 2025															
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.						
<p>Spring Clinic Fees: Adult 5 Week Clinic Fees: \$153 One Day per Week \$286 Two Days per Week Summer Clinic Fees: Adult 8 Week Clinic Fees: \$245 One Day per Week \$470 Two Days per Week</p>															

SPRING AND SUMMER 2025 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 Tennis 2025		Summer Days and Times Cardio Tennis 2025	
Monday (4wks only- No class on 5/26)	9:00 – 10:00 a.m. Advanced 10:00 – 11:00 a.m. Intermediate 7:00 – 8:00 p.m. High Intermediate and above	Monday	9:00 – 10:00 a.m. Advanced 10:00 – 11:00 a.m. Intermediate 6:00 – 7:00 p.m. High Intermediate and above
Wednesday	6:00 – 7:00 p.m. Advanced	Wednesday	6:00 – 7:00 p.m. Advanced
Thursday	9:00 – 10:00 a.m. High Intermediate 10:00 – 11:00 a.m. Intermediate	Thursday	9:00 – 10:00 a.m. High Intermediate 10:00 – 11:00 a.m. Intermediate
Friday	9:00 – 10:00 a.m. High Intermediate 10:00 – 11:00 a.m. Intermediate	Friday (7 weeks only- No class on 7/4)	9:00 – 10:00 a.m. High Intermediate 10:00 – 11:00 a.m. Intermediate
Spring 2025 Cardio Tennis Fees		Summer 2025 Cardio Tennis Fees	
<u>Adult 4 Week Cardio (Mon. only):</u> One Day per Week \$112	<u>Adult 5 Week Cardio :</u> One Day per Week \$140 Two Days per Week \$260	<u>Adult 7 Week Cardio (Friday only):</u> One Day per Week \$196 Two Days per Week \$372	<u>Adult 8 Week:</u> One Day per Week \$224 Two Days per Week \$428

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