



## 2023 SUMMER ADULT TENNIS CLASSES: June-August

\_\_\_ June 6-30    \_\_\_ July 2-28    \_\_\_ August 1-Sep 1

*Class size is limited! Priority will be given to tennis members registering for the full session.*

All classes require pre-registration whether session registrants or daily drop-ins.

**A DISCOUNT** will apply when registering for the full session, MAKE-UPS may be available\*

*Classes are available on a drop-in basis w/NO term commitment at a different rate, as space permits*

### **BEGINNER/ADVANCED BEGINNER: Tuesdays 6:30-7:30pm; Saturdays 10:00am-11:00am**

The fundamentals of groundstrokes, volleys and serves are introduced. Players will begin point play and review the fundamental rules of play. Keep it Simple!!! Keep it FUN!!!

Tennis member: \$48/session or \$15/day                      non-member: \$60/session or \$18/day

### **CARDIO TENNIS**

#### **Saturdays: 9:00-10:00am, Wednesday Night: 7:30-8:30pm**

Drills and games are designed to promote movement, fun, and learning. Emphasis is on aerobic exercise. As much instruction as possible is offered, while still allowing for a fast-paced, flowing clinic.

Tennis member: \$48/session or \$15/day                      non-member: \$60/session or \$18/day

### **BALL MACHINE DRILLS: Tuesdays 7:30- 8:30 pm;**

Hit hundreds of balls under the supervision of FLCC Tennis Director, Brian Ratzlaff USPTA. Emphasis is on technique, sound footwork and conditioning. Class is designed for players 3.0 and above.

Tennis member: \$48/session or \$15/day                      non-member: \$60/session or \$18/day

### **ADULT CLINIC/DRILL: Saturdays:11 :00-noon**

A different stroke will be emphasized each week. After a brief warm-up period, drills on that stroke will be introduced, followed by point or match play.

Tennis member: \$66/session or/ \$20/day                      non-member: \$85 session or \$25/day

**PRIVATE INDIVIDUAL & GROUP LESSONS:** Outside of our open lesson offering, private and individual group lessons may be formed. Pick your group, your topic of instruction, your day and time. *see private rate sheet*

*Classes may be added. Please contact Brian if you would like to play, but class times are not convenient.*

\*MAKE-UPS are a courtesy offered by the professional staff and are not guaranteed. Six hours prior notice must be given when canceling a lesson to be *eligible* for a make-up class. This allows for others who have missed a class, or on a waiting list. the opportunity to attend in your place No shows and late cancels may forfeit that class. See pro for details.

\*\* Participants may be grouped according to ability, at the discretion of the professional staff.

Sign up for weekly clinics at [bratzlaff@fawnlakecc.com](mailto:bratzlaff@fawnlakecc.com) or [fawnlakecc.tennisbookings.com](http://fawnlakecc.tennisbookings.com)

Call: 540-805-8509

# 2023 FAWN LAKE ADULT TENNIS REGISTRATION FORM

Session: \_\_\_\_ Summer

Session Day(s): \_\_\_\_ M \_\_\_\_ TU \_\_\_\_ W \_\_\_\_ TH \_\_\_\_ FR \_\_\_\_ SA \_\_\_\_ SU

Time: \_\_\_\_\_

Class: \_\_\_\_\_

Name \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

e-mail \_\_\_\_\_

I hereby assume full responsibility for all the risk of injury or loss which may result from participation in this activity, and hereby agree to hold harmless, release and forever discharge FLCC, its agents and employees from any and all claims and demands whatsoever which the undersigned or any third party may have against any accident, injury, illness, injury or death or damage to or loss of or destruction of property arising or resulting directly or indirectly from participation in these programs. I understand, agree and acknowledge that some activities may be of a hazardous nature and/or include physical and/or strenuous activity. Understanding this, I state to the best of my knowledge that I have no physical, mental or emotional health conditions that would hinder active participation in FLCC programs. I agree not to participate if I have a fever or am sick for any reason.

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Signature

Date

I further grant FLCC, its representatives and employees, the right to use my photograph for the purposes of publicity, illustration, advertising and web content.

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Signature

Date