

# Rock Road's Adult Tennis Program



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:00am - 9:00am Cardio Tennis USTA 3.5 and UP	9:00am-10:30am Ladies Grand Slam USTA 3.0 - 4.0	9:30am - 11:00am 41 USTA 3.0		8:30am - 10:00am Level Booster USTA 3.5 - 4.0	
7:00pm - 8:00pm Cardio Tennis USTA 3.0 - 3.5		10:30am - 11:30am Cardio Tennis USTA All Levels		10:30am - 12:00pm Level Booster USTA 3.0-3.5		10:00am - 11:30am Guys Clinic USTA 4.0 - UP
7:30pm - 9:00pm Men's Singles League All Levels	7:00pm - 8:30pm Level Booster All Levels	7:00pm - 8:00pm Cardio Tennis USTA - All Levels	7:30pm - 9:00pm Men's Doubles League	6:00pm - 7:00pm Cardio Tennis USTA - All Levels		4:30pm - 5:30pm Cardio Tennis USTA - All Levels

### FEES – Please check applicable

<input type="checkbox"/> Ladies Grand Slam	6 Weeks Session	\$155
<input type="checkbox"/> Level Booster	6 Weeks Session	\$155
<input type="checkbox"/> Men's Singles League	6 Weeks Session	\$90
	Per Time	\$18
<input type="checkbox"/> Men's Doubles League	6 Weeks Session	\$60
	Per Time	\$14
<input type="checkbox"/> Cardio Tennis	20 pack	\$260
	10 pack	\$150
	Per Time	\$18
<input type="checkbox"/> 41	Per Time	\$15

Account # \_\_\_\_\_ Exp. \_\_\_\_\_

Name \_\_\_\_\_ Birthday \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Class description on the back

## **41**

Is a FUN, doubles based, competitive game that uses unique scoring system. "41" has been a rave in Kansas City for the past 10 years and now it is here in Wichita.

### **Level Booster**

This class is a stroke refinement class that will challenge your game through large volume live ball hitting. Polish your tennis game with variety of drills, and games with mild technical input.

### **Cardio Tennis**

Cardio Tennis is a fun group activity featuring drills to give players of all abilities an ultimate, high-energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool-down phases. If you want to find a healthy, new way to get in shape and to burn calories, you ought to try this.

### **Intro to Cardio Tennis**

Fun, dynamic calorie burning fitness class that uses tennis racquets & balls to earn the burn! No experience necessary - we provide the equipment. Sign up early & we use heart rate monitors to chart your progress & can even email you the results.

### **Ladies' Grand Slam**

Grand Slam program is the perfect opportunity to get better at little details that help you win more matches. The sessions are designed to cover elements of the game to help you improve your point play. The structure of drills is challenging, exciting and fast paced.

### **Men's Singles and Doubles League**

There are match play groups that are and fun and competitive. There is a ladder system where every game you win counts. By the end you either move up or down based on number of games you win.

For more Information contact Tony Tsymbalov @ [atsymbolov@genesishealthclubs.com](mailto:atsymbolov@genesishealthclubs.com)