ADULT CLASSES and LEAGUES

2017 FALL SESSION II
Sunday, October 1, 2017 – Thursday, November 2, 2017

▸ Learn the Game (Beginner) 1.0 – 2.0
An introduction to the game of tennis:
• A fun way to learn the basic skills, rules, and point play.
• Perfect for the beginner or player with little experience.
• Successful participants graduate to …

▸ Learn the Game Plus: (Advanced Beginner) 2.5
• Advanced beginner looking for skill development and point play.
• For players who have graduated from the Learn the Game class.
• Pro approval required.

▸ Back in the Game: (Intermediate) 3.0
Perfect for the returning player looking to knock a bit of rust off and get on the court:
• Past playing experience (must be able to rally & serve)
• Tennis skill development, strategy, and point play.
• With progress, participant may be able to join our …

▸ Love the Game (Advanced Intermediate) 3.5
Ready to take the next step towards competitive tennis?
• Intermediate players
• Competitive drills focused on strategy and point play.
• Successful completion prepares you for…

▸ Live the Game (Advanced) 4.0
This is it! Top of the class for competitive, USTA league and Tournament players only.
• 90 minutes of fast paced drills.
• Full-throttle point play and strategy
• Pro approval required

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Day/Dates</th>
<th>Times</th>
<th>Weeks</th>
<th>Price*</th>
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</thead>
<tbody>
<tr>
<td>LEARN THE GAME</td>
<td>Sundays</td>
<td>12:00pm to 1:00pm</td>
<td>5</td>
<td>$95.00</td>
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<td>Oct. 1 – Oct. 29</td>
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<td>LEARN THE GAME</td>
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<td>Oct. 2 – Oct. 30</td>
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<td>LEARN THE GAME PLUS</td>
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<td>Oct. 4 – Nov. 1</td>
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<td>BACK IN THE GAME</td>
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<td>BACK IN THE GAME</td>
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<td>Oct. 5 – Nov. 2</td>
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<td>LOVE THE GAME</td>
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<tr>
<td>LIVE THE GAME</td>
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* Per Class payment: $22.00 for 1 hour class, $33.00 for 90 minute class
* MAKE UP CLASSES ARE NOT AVAILABLE
* Payment due prior to first scheduled class.
DRILLS & CARDIO TENNIS

Please check the monthly Cardio Plus Calendar for dates and times. Advance registration is required.

► Weekly Drill Sessions: Drills, drills, and more drills!!
(not recommended for beginners)
   - Play action drills & Instruction
   - Supervised play
   Wednesdays 12:00pm – 1:00pm. $19  ($16 with Wed, AM Cardio)
   Tuesdays  7:00pm – 8:00pm. $19  ($16 with Tuesday Cardio)

► Fast Action Drills: 'Pedal to the metal' challenging aerobic/anaerobic and stroke productions
   - Unique blend of ball machine and pro-fed drills
   - Forward movement, closing-out-the-point are the highlights
   Sundays 2:00pm – 3:00pm. $19
   Thursdays  7:00pm –8:00pm. $19

► Volley Blast Drills: Everybody wants a better net game.
   'Fast Hands' drills are the way!!
   - Drills dedicated to the net game.
   - Bullet-proof overhead
   - And yes...poaching!
   Wednesdays 7:30pm – 8:30pm. $19

► Stroke/Strategy of the Week:
   - Come learn a quick Stoke or Strategy tip.
   - Focus on the stroke or strategy for that week.
   Sundays 12:00pm – 1:00pm

► Women’s Competitive Drills:
   Serious tennis competitors only!
   - USTA ranking of 3.5 and up. Pro approval required.
   - Highly competitive drill sessions & point play.
   - BRING YOUR “A” GAME!
   Wednesdays  6:00pm – 7:30pm. $29
   (Current MSU Travel Team members $21)

► Cardio & Cardio Lite Tennis: Fun, Fitness and new Friends while you burn at least 400 - 600 calories
   - 60 minutes of heart pumping drills & fun point play.
   - No experience required.
   - Never tried Cardio? Your 1st class is FREE!
   Daily Fee per Session / $13.00
   Package of 12 Prepaid Sessions / $130.00

► Adult Men’s 3.5 and 4.0 Leagues: Played weekly, within a 1 hour time period. 8 Game Pro Set - first person to win 8 games. (12 point set tie-breaker at 7-7, first one to 7 points)
   For additional League information call Heather Mactaggart at 517-355-2209
   3.5 Men’s Singles: Tuesdays: Oct. 3 – Oct. 31 / 8pm – 9pm / 5 weeks.
   4.0 Men’s Singles: Mondays: Oct. 2 – Oct. 30 / 8pm – 9pm / 5 weeks.
   League Prices (Based on Affiliation to MSU)
   Public........................................$95  MSU Alumni........................$90
   MSU Faculty/Staff.............$85  MSU Students..............$65

► For Private & Semi-Private Lessons contact
   - Diane Selke / (517) 355-2209 / selkedia@rhs.msu.edu
   - Pat Page / (517)355-2209 / pagep@msu.edu

PAYMENT OPTIONS

Full payment is due prior to the first scheduled class, league, cardio or drills session.
For your convenience, we accept:
Cash, Check, Visa, Master Card, American Express and, Discover

Gift Cards now available!