## SUMMER – WEEKLY - Adult Classes
Monday, July 8 – Thursday, August 1, 2019 (Weeks 5-8)
Advanced Registration Required – Call 517-355-2209

### 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. Must be able to rally.
- 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

### Play With The Pro -
- **Play doubles with a MSU Tennis Staff Professional**
  - 3.0 level.  *Tips and Strategy*
  - Tuesdays  7:30pm – 8:30pm  $12  (3.0+)
  - Wednesdays  12:00pm – 1:00pm  $12  (3.0+)
  - Wednesdays  7:00pm – 8:00pm  $12  (3.0+)

<table>
<thead>
<tr>
<th>CLASS DESCRIPTION</th>
<th>DAY</th>
<th>DATES (Choose the dates)</th>
<th>TIMES</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn the Game</td>
<td>Mondays</td>
<td>July 8, 15, 22, 29</td>
<td>7:00pm-8:00pm</td>
<td>$20</td>
</tr>
<tr>
<td>Learn the Game Plus</td>
<td>Thursdays</td>
<td>July 11, 18, 25, August 1</td>
<td>7:00pm-8:00pm</td>
<td>$20</td>
</tr>
<tr>
<td>Back In the Game</td>
<td>Tuesdays</td>
<td>July 9, 16, 23, 30</td>
<td>6:30pm-7:30pm</td>
<td>$20</td>
</tr>
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<td>3.0+ PLAY WITH PRO</td>
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PLEASE NOTE:
- Advanced Registration Required For All Classes and Programs.
- Payment due prior to first class
- No Black soled shoes on court – Gently used tennis shoes can be found under bleachers on court 1.
- Please bring a water bottle to class
- Minimum of 3 players for class, drill, cardio or play with pro to run.
CARDIO TENNIS, FAST ACTION DRILLS & TEAM DRILLS

Advance registration is required for all classes and events.
Call 517-355-2209 to register.
Monday, July 8 – Thursday, August 1, 2019 (Weeks 5–8)
Minimum of 3 players for class to run

► Cardo & Cardo Lite Tennis
Fun, Fitness and meet new Friends while you burn
at least 400 - 600 calories
• 60 minutes of heart pumping drills & fun point play.
• Cardo –
  Recommended for Intermediate players and above

- Cardo Lite – Recommended for Learn the Game Plus
  and Advanced Beginners
• Never tried Cardio?  Your 1st class is FREE!

- Mondays  6:00pm – 7:00pm (3.0+)
- Tuesdays  12:00pm – 1:00pm (2.5+)  Cardo Lite
- Tuesdays  6:00pm – 7:00pm (3.0+)
- Wednesdays 6:00pm – 7:00pm (3.0+)
- Thursdays 12:00pm – 1:00pm (2.5+)  Cardo Lite
- Thursdays 6:00pm – 7:00pm (3.0+)
- Thursdays  8:00pm – 9:00pm (2.5+)  Cardo Lite

**NEW Class **

Daily Fee per Session / $14.00
Package of 12 Prepaid Sessions / $140.00

► Fast Action Drills:
Pedal to the metal challenging Fitness/Drill workout
• Unique blend of pro-fed and live ball drills
• Forward movement, closing-out-the-point are the highlights

Mondays  7:00pm–8:00pm (3.0+) $20
($17 with Monday Cardio 6pm)

Thursdays 7:00pm –8:00pm (3.5+) $20
($17 with Thursday Cardio 6pm)

► Women’s Competitive/Team Drills:
Serious tennis competitors only!
• USTA ranking of 3.5 – 4.0 and up.
• Pro approval required.
• Highly competitive drill sessions & point play.
• BRING YOUR “A” GAME!

Wednesdays 6:30pm – 8:30pm, $34
(Current MSU Travel Team members $26)

*** MSU Tennis Center is looking for 3.0 level players to begin a USTA 3.0 Men’s
and USTA 3.0 Working Women’s League,
Fall of 2019. ***
Interested players should contact:
Men’s: Pat at pagep@msu.edu
Women’s: Diane at selkedia@msu.edu

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

PAYMENT OPTIONS
Full payment is due prior to a
class, cardio or drill.
For your convenience, we accept: Cash,
Check, Visa, Master Card, American Express
and, Discover

Gift Cards Available