

Classes are weekly.

Pre-registration required. Call 517-355-2209 to sign up.

Please call to cancel your reservation so we may give someone an opportunity on the wait list. Thank you.

▶ **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*
- *2.5 & 3.0 levels. Tips and Strategy*
- *Wednesdays 12:00pm – 1:00pm \$12 (3.0+)*

| Class Description | Day | Times | Price per week |
|---|------------|------------------|----------------------|
| LEARN THE GAME (Beginners) | Sundays | 4:30pm -5:30pm | \$20.00 Per class |
| | Wednesdays | 6:00pm – 7:00pm | |
| | Thursdays | 12:00pm – 1:00pm | |
| LEARN THE GAME PLUS (Advanced Beginners) | Mondays | 7:00pm – 8:00pm | \$20.00 Per class |
| | Wednesdays | 7:00pm – 8:00pm | |
| BACK IN THE GAME (3.0 + Level) | Tuesdays | 7:00pm – 8:00pm | \$20.00 Per class |
| | Thursdays | 6:00pm – 7:00pm | |
| 3.0+ PLAY WITH PRO | Wednesdays | 12:00pm -1:00pm | \$12.00 Per Class |

PLEASE NOTE:

- **Advanced Registration Required**
- **Payment due prior to first scheduled class**
- **There are NO MAKE-UP CLASSES**
- **NO SHOWS - Will move to the wait list the following week.**
- **Please call 24 hours or more ahead, to cancel your tennis lesson.**

CARDIO TENNIS & DRILLS

Advance registration is required for all classes and events. Please call 517-355-2209 to sign-up!

► **Cardio Tennis - \$14.00 class**

Cardio Card: Buy 10 - Get 12 / \$140.00

Fun, Fitness and meet new Friends while you burn at least 400 - 600 calories!

60 minutes of heart pumping drills & fun point play.

Recommended for Intermediate players, 3.0 and above

Sundays 12:00pm – 1:00pm

Mondays 6:00pm - 7:00pm

Wednesdays 7:00pm - 8:00pm

► **Cardio Lite – \$14.00 class**

Cardio Card: Buy 10 – Get 12 / \$140.00

A lighter version of Cardio Tennis

Mondays 8:00pm – 9:00pm

Never tried Cardio? Your 1st class is FREE!

► **Fast Action Drills:**

Pedal to the metal' challenging aerobic/anaerobic workout.

- Unique blend of live ball and pro-fed drills
- Forward movement, closing-out-the-point are the highlights

Tuesdays 6:00pm – 7:00pm (3.0+) \$20

Monthly Tennis Mixers

All levels welcome!

Friday, May 6, 2022

Enjoy playing different tennis formats

Mixers will be offered Monthly on a Friday

6:00pm – 7:30pm

Cost: \$15 per player

Sign-up is required – Call 517-355-2209

Contact Pat Page if questions – pagep@msu.edu

- **Payment is due prior to the cardio or drills session.**

For Private & Semi-Private Lessons contact

- Diane Selke / (517) 355-2209 / selkedia@msu.edu
- Pat Page / (517) 355-2209 / pagep@msu.edu

