

ADULT CLASSES, DRILLS & CARDIO

517-355-2209

SUMMER 2022
Weekly Class Schedule



Classes begin week of June 13, 2022

Classes are weekly. Pre-registration required. Call 517-355-2209 to sign up.
MSU Tennis Center is CLOSED Sunday, July 3 – Monday, July 4, 2022

► **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+)

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.

Class Description	Day	Times	Price per week
LEARN THE GAME (Beginners)	Wednesdays Thursdays	6:00pm – 7:00pm 12:00pm – 1:00pm	\$20.00 Per class
LEARN THE GAME PLUS (Advanced Beginners)	Mondays Thursdays Thursdays	7:00pm – 8:00pm 7:00pm – 8:00pm 12:00pm – 1:00pm	\$20.00 Per class
BACK IN THE GAME (3.0+ Level)	Tuesdays Thursdays	7:00pm – 8:00pm 6:00pm – 7:00pm	\$20.00 Per class
3.0+ PLAY WITH PRO	Mondays (Begins June 27) Wednesdays	7:00pm – 8:00pm 12:00pm -1:00pm	\$12.00 Per Class
Drill and Play (3.0+ Level)	Tuesdays (Begins June 28)	7:00pm – 8:30pm	\$30.00 Per class

CARDIO TENNIS & DRILLS

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

▶ **Cardio Tennis - \$14.00** *Package of 12 Prepaid Sessions / \$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
Mondays 6:00pm – 7:00pm
Wednesdays 7:00pm – 8:00pm

▶ **Cardio Lite – \$14.00** *Package of 12 Prepaid Sessions / \$140.00*

A lighter version of Cardio Tennis
Mondays 8:00pm – 9:00pm
Tuesdays 12:00pm – 1:00pm

Never tried Cardio? Your 1st class is FREE!

▶ **Drill and Play:** Begins 6/28

45-minute drill session followed by point play drills.

Tuesdays 7:00pm – 8:30pm (3.0+) \$30

▶ **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

Weekly Tennis Mixers
All levels welcome!
Minimum of 8 players

Enjoy playing different tennis formats

Thursdays
7:00pm – 8:30pm
(Begins June 30)

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, drill or class.***

For Private & Semi-Private Lessons contact

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

