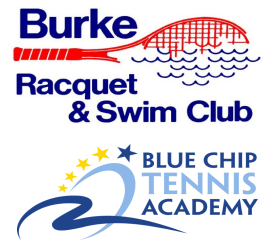




# Adult Tennis Clinics Fall II 2014

USTA Competitive Training Center (CTC)  
Tim Bainton, Tennis Director: [tbainton@bluechiptennis.net](mailto:tbainton@bluechiptennis.net)  
Program begins October 28th - December 22nd, Eight Week Session

**No classes will be held November 27th & 28th**



Tennis Department

## Cardio Tennis

Designed for 3.5 players and above, cardio tennis is a great way for players to improve their tennis and enjoy a full body workout. Burn hundreds of calories through various footwork exercises and fast-paced drills. The class will be led Director Tim Bainton.

Date	Time	Member	Non-Member	Slots
Thursday	6:00am-7:00am	FREE	\$228	16

\*First come, first serve and limited to the first 16 signups\*

## Aerobic Tennis

Designed for 3.5 players and above. Hundreds of tennis balls will be hit to give you a cardiovascular workout while incorporating all of the strokes used in competition. Aerobic tennis is a great way to improve conditioning and strokes at the same time.

Date	Time	Member	Non-Member	Slots
Monday	11:00am-12:30pm	\$267	\$342	8
Tuesday	6:30pm-8:00pm	\$267	\$342	8
Saturday	10:00am-11:30pm	\$267	\$342	8

## Instructional Clinics

A structured class designed to cover all the strokes for learning the game, also for those who need a tune up in their technique. Drills on strokes and strategy as well as all facets of the game will be covered.

Date	Time	Member	Non-Member	Slots
Thursday	6:00pm-7:00pm	\$178	\$228	7
Sunday	10:00am-11:00am	\$178	\$228	7

## Strategic Performance

This class is designed for players at the 3.0 to 3.5 level. It features playing strategies, positioning and the finer points of the game.

Date	Time	Member	Non-Member	Slots
Monday	6:00pm-7:30pm	\$267	\$342	8
Thursday	6:00pm-7:30pm	\$267	\$342	8
Friday	10:00am-11:30am	\$267	\$342	8

## Video Analysis

A NEW class designed for the competitive player (JTT/HS/Tournament) capturing their stroke and emailing it with audio and visual analysis feedback. This class is designed for video interactivity with your stroke in comparison with tour strokes.

Date	Time	Member	Non-Member	Slots
Monday	1:00pm-2:00pm	\$178	\$228	8

If you have questions on which program to sign up for please contact us at

[info@bluechiptennis.net](mailto:info@bluechiptennis.net)



# Adult Tennis Clinics Fall II 2014

Our Adult program will be under the direction of Tim Bainton, Tennis Director and USTA Virginia Teaching Professional of the Year and his Blue Chip Tennis Academy Staff Members. Tim will be joined by Resident and Assistant Professionals Michael Harper, Bob Gullo, Chris Clarke, Patrick Escalambre, David Bryan, and Jeremy Carl, who are current or former nationally/regionally ranked USPTA certified professionals. Our staff will be dedicated to improving your performance technically, physically, and mentally. The program is designed to encourage, and enable you to grow in this fantastic sport.

**Withdrawal Policy:** Full payment for each session must accompany this form. Withdrawal requests must be received prior to the start of the session and can only be approved by Director Tim Bainton. It is understood that the student is in overall good health condition. With this registration, it is agreed to hold BRSC and its staff harmless for injury or loss that may occur as a result of my (or child's) participation in the BRSC's activities.

**Pro-rated classes:** Will be approved only by the Tennis Directors.

**Discounts:** 1. There is a 5% discount applied to the second family member registering for a clinic.

2. Each student registering for two or more classes will receive 5% off the additional classes (excluding HP clinics).

*Offer's can not be combined.*

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**Contact Information:**

Name: \_\_\_\_\_ Level: \_\_\_\_\_ Tennis Member?  Yes  No  
Home Phone #: \_\_\_\_\_ Emergency Phone #: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Class: \_\_\_\_\_ Day: \_\_\_\_\_ Time: \_\_\_\_\_ Payment:  On Account  Check  Cash  VISA/MC  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Withdrawal Policy:** Full payment for each session must accompany this form. Withdrawals must be received prior to the start of the session and are subject to a \$25 service charge. **Refunds will not be issued for any reasons. Refunds will not be given for missed classes. All prorating of rates must have approval from the Tennis Director.** It is understood that the student is in overall good health condition. With this registration, it is agreed to hold BRSC and its staff harmless for injury or loss that may occur as a result of my (or child's) participation in the BRSC's activities. All guests, including parents of children, must sign in at the front desk prior to entering. Equipment in the fitness area is for Members Only and cannot be used by visitors.