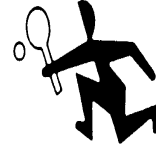


MANCHESTER RACQUET CLUB -

INC.

INDOOR TENNIS . . . FOR ALL THE FAMILY



MRC Adult Evening Instruction September 14, 2011-May 16, 2012

- Session 1** **September 14-October 19**
- Session 2** **October 26-December 7** (no class 11/23)
- Session 3** **January 4-February 8**
- Session 4** **February 15-March 28** (no class 2/22)
- Session 5** **April 4-May 16** (no class 4/18)

All Sessions have 6 classes held Wednesday evenings 7-8:30pm
MRC members-\$144.00, Non-members-\$168.00 per session

PROGRAMS

Session 1: Fall Tune-up

Get back into the swing of things with a fall tune-up class. All basic strokes will be covered including forehand, backhand, volley, serve, overhead and some specialty shots.

Session 2: Doubles Strategy

Basic strategies for doubles including different formations, poaching and serve and volley. All the while you will be building better skills in net play and teamwork.

Session 3: Fit For Tennis

These movement oriented drills will help you burn off that holiday cheer.

Session 4: Spring Tune-up

All basic strokes will be covered. Same as the Session 1 program.

Session 5: Basics Plus Strategy

Basic strokes along with specific strategies for different opponent styles

TO ENROLL-Any Questions, (860) 646-8860 or email cherie@manchestertennis.com

Please complete & return with full payment to:

Manchester Racquet Club, 404 West Center Street, Manchester, CT 06040

Name _____

Playing Level _____ **Member or Non-member (circle)**

Address _____ **Town** _____ **Zip** _____

Home Phone _____ **Cell/Work Phone** _____

Session # _____ **Session Dates** _____

Email Address _____

I understand that players & guests use MRC facilities at their own risk.

Player's Signature _____ **Date** _____