

TENNIS LESSON RATES

1/2 Hour

Member: \$38

Non-members: \$42

1 Hour

Members: \$70

Non-members: \$76

Semi-private hour

Member: \$40/person

Non-members: \$44/person

Clinics / Workshops (1 hr)

\$26/ mem / \$30/n.m.

Clinics / Workshops (1.5 hr)

\$34/mem / \$38/ n.m.

Play w/ pro sessions (1.5 hr)

\$28/mem / \$32/n.m.

* 8 Week Prepayment Discount!*

1 Hour Clinics

\$160/mem / \$200/non-mem

1.5 Hours

\$240/mem / \$272/non-mem

Play With the Pro

\$168/mem \$208/non-mem

Cardio Tennis (1 hour)

4 weeks \$28 mem

Daily: \$8/mem / \$12/non-mem

For more information contact:

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Mid-Cape Racquet & Health

GET INTO THE GAME

ADULT FALL TENNIS 2010



STARTING SEPTEMBER 13

TEL: 508.394.3511



WINTER TENNIS CLINICS

NEW PLAYER PROGRAM 1 (Level 2.0 & Below)

- Our patient pros will get you into the game.
- Racquet & Court Familiarity & Etiquette.
- Development of Proper Hitting Skills.
- Fun Games and Drills.
- Learn how to Play.

Mondays 9:30-10:30am
Wednesdays 6:00-7:00pm
Saturdays 9:00-10:00am

ADULT TENNIS 2 (Rating 2.5 & Above)

- Rules, Etiquette & Court Familiarity
- Actual Play for the New Player
- Round Robin Games with serving & coaching

Mondays 10:30-12:00am
Tuesdays 6:00-7:30pm

ADULT TENNIS 3 (Level 3.0 & Above)

- Stroke production and footwork.
- Consistency and Shot/Spin Variety.
- Singles and Doubles Strategy.
- Drills, Match Play, and Games.

Mondays 9:00-10:30am
Wednesdays 6:00-7:30pm

PLAY WITH THE PRO (Level 2.5-3.5)

- Increased Consistency on all strokes, Shot/Spin Variety & Strategy
- Use of Placement, Patience, and Power
- Match Play and Mental Preparation
- 45 minutes of drills and 45 minutes of play

Tuesdays 4:30-6:00pm
Tuesdays 7:30-9:00pm
Fridays 9:30-10:30am

STROKE OF THE WEEK (Level 2.0-3.5)

- Each week a specific shot is mastered.
- Expert instruction on technique.
- Fun drills to practice each shot.
- See schedule for weekly stroke.

Tuesdays 10:00-11:00

USTA TEAM PRACTICE

- Fast paced and fun doubles drills to improve all-round skills..
- Focus on movement, court positioning and strategy.

Thursday (4.0-4.5) 6:00-7:30pm
Saturday (3.5-4.0) 12:00-1:30 pm

CARDIO TENNIS (All Levels Welcome) Heart Pumping Fitness

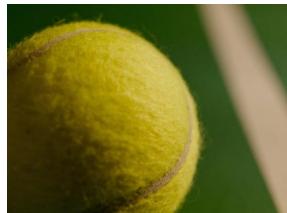
- Fast paced cardio tennis drills.
- Tune up your footwork and groove all your shots.
- Burn calories and improve your quickness.

Mondays 10:30-11:30am
Fridays 10:30-11:30 am

CREATE A GROUP!

Team practice sessions can be organized!
Get some friends together and form your own clinic with the pro and time of your choice.

10% Discount
(minimum 8 weeks pre-paid)



LEAGUES

Women's Morning Dbls 2.5-3.5
(Tue/Thur. @ 9:30-11:00am)

Cape Cod Women's Doubles 3.5+ (Wed)

Town Team A & B Doubles;
Men & Women (Mon/Tue/Wed)

Senior Women's USTA League

USTA Leagues; Women's & Mixed;
Singles & Doubles

Thursday Night Men's Doubles 2.5-3.5
6pm-7:30pm

Davis Cup Doubles 4.0+ (Thurs)

Women's Singles

Friday Night Mixed Doubles (All Levels)
6pm-7:30pm

Grand Prix League; Men & Women;
Singles & Doubles (Sat.)

