

HUDSON VALLEY HEALTH & TENNIS CLUB Adult Clinics (2009/2010)

MONDAYS
11:00-12:30 pm W Adv. Beg. C54 \$700 / \$850
8pm – 9:30pm M/W Advanced C52 \$700 / \$850

Session 1			Session 2			
09/20	10/18	11/15	01/03	02/07	03/14	04/04
09/27	10/25	11/29	01/10	02/14	03/21	04/11
10/04	11/01	12/06	01/24	02/28	03/28	04/25
10/11	11/08	12/13	01/31	03/07		05/02

TUESDAYS
9-10:30 am W Intermediate C53 \$700 / \$850
10:30am–12pm W Intermediate C53 \$700 / \$850

Session 1			Session 2			
09/21	10/19	11/16	01/04	02/01	03/08	04/05
09/28	10/26	11/30	01/11	02/08	03/15	04/12
10/05	11/02	12/07	01/18	02/15	03/22	04/26
10/12	11/09	12/14	01/25	03/01	03/29	

WEDNESDAYS
10-11:30 am W Intermediate C51 \$700 / \$850
6:30-8 pm M/W Advanced C52 \$700 / \$850

Session 1			Session 2			
09/22	10/20	11/17	01/05	02/02	03/09	04/06
09/29	10/27	12/01	01/12	02/09	03/16	04/13
10/06	11/03	12/08	01/19	02/16	03/23	04/27
10/13	11/10	12/15	01/26	03/02	03/30	

THURSDAYS
9am – 10:30am W Adv. Beg. C54 \$700 / \$850
10:30-12 pm W Adv. Beg. C54 \$700 / \$850

Session 1			Session 2			
09/23	10/21	11/18	01/06	02/03	03/10	04/07
09/30	10/28	12/02	01/13	02/10	03/17	04/14
10/07	11/04	12/09	01/20	02/17	03/24	04/28
10/14	11/11	12/16	01/27	03/03	03/31	

SATURDAYS
1:30-3:00pm Men's Adv. Beg. C59 \$700 / \$850

Session 1			Session 2			
09/25	10/23	11/20	01/08	02/05	03/12	04/09
10/02	10/30	12/04	01/15	02/12	03/19	04/16
10/09	11/06	12/11	01/22	02/19	03/26	04/30
10/16	11/13	12/18	01/29	03/05	04/02	

www.hudsonvalleytennis.com

Clinic Descriptions

C59 Men's Advanced Beginner/ Saturday clinic designed to move the beginner player to the next level of refining their strokes and beginning to learn ball placement strategies for playing singles and doubles.

C51 Women's Intermediate clinic where the emphasis is on improving your strokes, learning spins and beginning to learn advanced shots & techniques.

C52 A clinic for Advanced Men & Women players looking to improve consistency with power under pressure situations.

C53 Although improving your strokes and consistency are an integral part of any tennis instruction, this clinic is designed for women who really want to improve their doubles play.

C54 Designed to develop consistency and placement performing basic singles and doubles strategies.

Cardio Tennis clinic is a fun, group activity where players of all abilities can enjoy tennis together. This Clinic offers short cycles of high intensity workouts with periods of rests in between. This Clinic is "Pay As You Go".

Monday- 12-1 pm	M \$25 /NM \$30 4 People
Wed- 9:30-10:30 am	M \$35/NM \$40 3 People
Friday- 11-12 pm	M \$40 /NM \$45 2 People

Club Membership

***Members will receive a \$90 discount on the cost of a clinic.**

Individual \$90.00

Couple \$160.00

couple is defined as a domestic partnership sharing the same address

Deposits/Payment Balances

A place in a clinic will be held for you only when you submit this application with a **PAYMENT IN FULL**. An application can be completed over the phone with Front Desk personnel only with a credit card to which your deposit can be charged. Check payments can be made by mail or in person and cash payments can only be done in person at the club.

PAYMENTS IN FULL will be due no later than August 15th, 2010 for Session 1 and December 15th, 2010 for Session 2. *If you sign up for a class and then need to cancel, a **NON-REFUNDABLE** fee of \$150 will be subtracted from the unused portion of your payment. Exceptions will be made for injuries (a doctor's note is required to process refund of unused portion).*

Clinic Calendar

Season Starts ~ Sept. 20th, 2010
Season Ends ~ April 2011

Holidays- No Clinics

Nov. 23rd-28th ~Thanksgiving Break
Dec. 20th - Jan. 3rd ~Christmas Break
Feb. 21st-25th ~Winter Break
April 18th-22nd ~ Spring Break

By your submission of this clinic application, you understand that the use of the courts and club facilities will be strictly at your own risk. The club is not responsible for any injuries or accidents occurring as a result of normal use of the facilities. Finally, please understand that you will be expected to abide by all the club's rules, policies and procedures.

