



TENNIS

COURT FEES

\$24/Hour
6-day advance court booking
(Ball Machine rentals available)

PRIVATE LESSONS

1/2 Hr	\$45
1 Hour	\$82
1 Hour Semi Private	\$45 /person

ADULT INSTRUCTION

Tennis 101/102

This fun, 4-week program is both manageable and affordable. The class meets once a week for 1 1/2 hours at pre-scheduled times. You will receive instruction on all strokes and learn how to play both singles and doubles. Program includes weekly organized playing time on Sundays. Great program for beginners or the player of yesteryear.

Day and evening classes are offered.

Fees:

Tennis 101 - 50% Regular Rate	Members \$65	NonMembers \$75
Tennis 102	Members \$92	NonMembers \$104

Sessions begin the week of May 15th

Monday - Friday	9:00 - 10:30 am, 10:30 am - 12 noon
Saturday	11:00 am - 12:30 pm

Drills & Skills

A comprehensive 1 1/2 hour clinic to improve all or specific areas of your game. In this 4-week program you will work on strokes, point situations, shot selection, and strategy. Clinics to be arranged according to player availability and level. Find your own group or we will help you get one started.

Classes: Times determined by group and Pro

Fees: Members \$150.00 / NonMembers \$170.00

JUNIOR TENNIS REGISTRATION FORM

Please complete registration form and return with full payment to: Cedardale Health & Fitness, 307 Lowell Street, Andover, MA 01810. Checks are payable to: Cedardale, Inc.

Parent Name: _____

Home Address: _____ City _____ State _____ Zip _____

Email _____ Phone (H) _____ Phone (C) _____

Is Participant a Member? Yes No

Child's Name	DOB	Session	Class Name	Day & Time	Fee
1. _____	_____	_____	_____	_____	_____
2. _____	_____	_____	_____	_____	_____
3. _____	_____	_____	_____	_____	_____

I consent to Cedardale, Inc. using a picture of my child in marketing material.

Signature: _____ Date: _____

ROUND ROBINS

Open	Saturday, Sunday, & Holidays	8:00 - 9:30 am, 9:30 - 11:00 am
Womens 4.0	Tuesday	9:00 - 10:30 am
Womens 2.5	Tuesday	10:30 am-12:00 noon
Womens 3.5	Thursday	9:00 -10:30 am
Womens 3.0+	Mon., Wed., & Fri Thursday	9:00 - 10:30 am, 10:30 am - 12 pm 10:30 am-12:00 noon
Geezers	Mon. Wed., & Fri	1:30 - 3:00 pm
Super Geezers	Tues. & Thurs.	1:30 - 3:00 pm
Adult 123	Sunday	3:00 - 4:30 pm
Adv. Beg/Inter.	Sunday	4:30 - 6:00 pm
Jr. Academy	Sunday	TBA

All Round Robins are on a sign up basis. Fees: \$9 per person. Please sign at the Front Desk.

TEAMS

Summer USTA Team

Cedardale hosts Men's and Women's USTA teams of every level. Participant must have a current USTA rating to be eligible. Matches are at Cedardale and at competing clubs in the area with both indoor and outdoor matches. Contact Adam Molda at amolda@cedardale-health.net if you are interested in USTA League Tennis. USTA League Tennis runs from mid-May through mid-July.

Travel Teams

Cedardale participates in the North Shore League offering teams for Men, Women, or Mixed. We will be taking signups for the fall North Shore Tennis League in May. If you would like to sign up or have any questions, please contact Adam Molda at amolda@cedardale-health.net.

OTHER

Aerobic Doubles

This group class is designed for fun and high intensity concentrating on movement and play patterns. This class gives the participants a nonstop aerobic workout doing fun and energetic tennis drills. focusing on doubles play. Players can be beginners or advance players. All drills are based on doubles play. Please sign up at the Front Desk.

Class Fees:

Member	\$18/class	Schedule:	Wed. & Fri	9 am- 10:30 am
Non Member	\$23/class		Sat. & Sun	11 am- 12:30 pm

Contract Time

Contract time is available. Please contact Adam Molda for availability and pricing.

JUNIOR INSTRUCTION

Little Nuggets 4 - 5 & 6 - 7 yr olds
YOU ARE NOT TOO YOUNG TO LEARN HOW TO PLAY TENNIS! Focusing on fun while learning hand-eye coordination, and tennis related games. Our goal is to have your youngster enjoy th game of tennis.

Offered: Monday-Friday 3:45-4:30 pm
Saturday 12:30 - 1:15 pm, 1:15 - 2:00 pm

Junior Tennis 1-2-3 8+ years old

A GREAT WAY TO INTRODUCE CHILDREN TO TENNIS! We will work on ball contact, footwork, scoring and how to play singles and doubles in this 1-hour a week class.

Offered: Monday-Friday 3:30-4:30pm, 4:30-5:30pm, 5:30-6:30pm
Saturday 12:30 - -1:30 pm

Future Champs 8-16 years old

BEGINNERS/ADVANCE BEGINNERS THAT NEED WORK ON FUNDAMENTALS.

This program is ideal for juniors who have had previous playing experience. We will work on ball contact, footwork, scoring and how to play singles. Juniors in this age range that have not played at all should refer to the Junior 1-2-3 program.

Offered: Monday-Friday 3:30-4:30pm, 4:30-5:30pm, 5:30-6:30pm
Saturdays 2:00 - 3:00 pm

Junior Academy 8 - 18 years old

ITS TIME TO RALLY AND PLAY! Welcome to the largest group of juniors at Cedardale. Our Junior Academy is designed for players ages 8 - 18 yrs. at the intermediate through advanced levels. Players will be assigned by the junior coordinator to groups that fit their ability and age levels. The emphasis will not only be the continued development of the juniors fundamentals but introducing the basics of singles and doubles strategy. Six to one player/pro ratio in clinics.

Criteria: Intermediate player can rally and volley but needs work on the serve, spins, and doubles strategy. The more advance player is tournament ready and consistent, but needs to develop a weapon and strategy work.

Offered: Monday-Friday 3:30-5:00pm & 5:00-6:30pm
Saturday 2:00 - 3:30 pm

SESSION DATE: May 8 - June 17 (6-week session)

FEES:

Nuggets Member \$112.50 Non member: \$154.50

Junior 123/
Future Champs Member \$150 Non member: \$192.50

Junior academy Member \$225 Non member: \$267