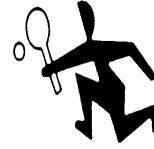


MANCHESTER RACQUET CLUB -

INC.

INDOOR TENNIS . . . FOR ALL THE FAMILY



MRC Adult Evening Instruction-Sept. 09-May 10

- Session 1** **September 16-October 21**
- Session 2** **October 28-December 9** (no class 11/25)
- Session 3** **January 6-February 10**
- Session 4** **February 24-March 31**
- Session 5** **April 7-May 19** (no class 4/21)

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 building better skills in volleying and overheads

Session 3: Fit For Tennis

Movement oriented drills while working on strong stroke production.

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, call Cherie Baker at 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 or Work Phone _____

Session # _____ Session Dates _____

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

Player's Signature _____ Date _____