

SUMMER ADULT PROGRAM

RVC Tennis
Get Fit. Have Fun.

Session 1: June 19-July 23 (No class July 4) | Session 2: July 24-August 27



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30AM	7:45-8:45 CARDIO TENNIS Huntley Meadows \$20 per class		7:45-8:45 CARDIO TENNIS Huntley Meadows \$20 per class			
8:00AM						
8:30AM						
9:00AM		9 - 10:30 WOMEN'S PRACTICE A & B GROUPS Huntley Meadows \$25 per class		9 - 12 ADULT CAMP Huntley Meadows \$55 per day		9 - 10:30 WEEKEND WARRIORS Huntley Meadows Session \$155
9:30AM						
10:00AM						
10:30AM			10:30 - 12 ELITE Huntley Meadows Session \$155			10:30 - 12 WOMEN'S A PRACTICE Huntley Meadows \$25 per class
11:00AM						
11:30AM						

MONDAY	
6:00PM	6 - 7:30 MEN'S & WOMEN'S B PRACTICE at RVC \$25 per class
6:30PM	
7:00PM	

THURSDAY			
6:00PM	6 - 7:30 BEGINNER at RVC Session \$125	6 - 7:30 INTERMEDIATE Huntley Meadows Session \$155	6 - 7:30 ADVANCED BEGINNER at RVC Session \$125
6:30PM			
7:00PM			

ADULT PROGRAMS

BEGINNER

Continue to focus on stroke development and rallying.

ADVANCED BEGINNER

Develop stroke consistency and understand scoring and point play.

ADULT CAMP (3.0-4.0)

For years, we've been hearing our adults want to go to camp so here's your chance! There will be drills for stroke production, rallying for consistency and lots of fun games.

CARDIO TENNIS (ALL LEVELS)

A great group activity suitable for players of all abilities. There will be a warm-up, cardio workout and cool down. Punch cards available for a reduced rate.

ELITE (4.0+, BY INVITE)

Learn to play an effective, aggressive game that accounts for your strengths and weaknesses as well as your opponents.

INTERMEDIATE (NTRP 3.0-3.5)

Improve stroke dependability, directional control, net play, and doubles strategy.

WEEKEND WARRIORS (NTRP 3.5+)

Start the weekend in a high-paced, high-energy clinic with the goal of hitting as many balls as possible while also focusing on movement and court positioning. 3.0 players must get permission from Andrew Gunberg to participate.

ALL ADULT SERIES CLASSES ARE ELIGIBLE FOR COMBO PACKAGE PRICING

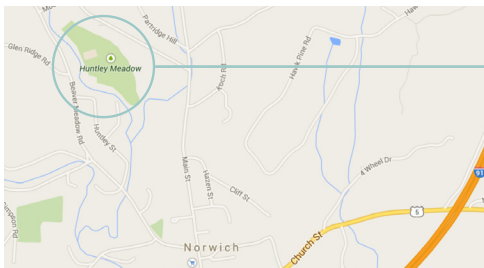
With a combo package, you will receive five group clinics and four private lessons during the session for \$375.

SIGN UP

Sign up at the FITshop. For more information, contact RVC Tennis Director: Andrew.Gunberg@RiverValleyClub.com

MAKE-UP POLICY

We know the summer is busy. In the event that you need to miss class, please let us know in advance. We will try to find you a suitable make-up in another class during that session, and, if we are unable, we will credit up to one missed class towards the next session.



DIRECTIONS TO HUNTLEY MEADOWS

From I-91, take Exit 13 and turn west toward Norwich, Vermont. Head into town and pass Dan and Whit's store on the left. Go 0.6 miles and turn left onto Turnpike Rd. Huntley Meadows Tennis Courts are 0.3 miles on left.

111 Turnpike Road, Norwich, VT 05055