

Spring Adult Tennis

Adult Tennis is designed for players of all abilities. Players will work on refining their technique or learning the basics behind the sport. Classes will be filled with coaching points as well as laughter and smiles. Each adult tennis class will be structured to emphasize a new weekly stroke. Learn the game from our certified tennis coaches with technique, point play and scoring; this clinic is a great start to get involved in a lifelong sport!

Cardio Tennis combines the sport of tennis with a variety of cardio activities and exercises. All Cardio Tennis classes and activities are designed to raise your heart rate into the aerobic training zone, providing a whole body work out and burning optimal calories, all while improving your basic tennis skills. No tennis playing experience is necessary to join this class.

Registration Begins: 03/11/2015, 8:30AM

Nonresident Registration Begins: 03/30/2015, 8:30AM

Cardio Tennis

Instructor: Staff - US Sport Inst.

Gender: Coed, **Age:** 18+

PVP Tennis Court #1, 3410 Valley Road

Monday, April 13 - June 1, 2015; 9:00AM-10:00AM No Program 5/25

\$135 per resident, \$155 per non-resident of Bernards Township per session

Cardio Tennis

Instructor: Staff - US Sport Inst.

Gender: Coed, **Age:** 18+

PVP Tennis Court #1, 3410 Valley Road

Monday, April 13 - June 1, 2015; 10:15AM-11:15AM No Program 5/25

\$135 per resident, \$155 per non-resident of Bernards Township per session

Cardio Tennis

Instructor: Staff - US Sport Inst.

Gender: Coed, **Age:** 18+

Rebel Hill Tennis #1, Fairview Drive East

Friday, April 17 - June 5, 2015; 6:00PM-7:00PM

\$155 per resident, \$175 per non-resident of Bernards Township per session

Adult Tennis

Instructor: Staff - US Sport Inst.

Gender: Coed, **Age:** 18+

Rebel Hill Tennis #1, Fairview Drive East

Friday, April 17 - June 5, 2015; 5:00PM-6:00PM

\$155 per resident, \$175 per non-resident of Bernards Township per session

Participants should provide their own tennis racket; all other equipment will be furnished.

Weather Cancellations: Classes will be cancelled when thunder, lightening, and/or heavy rain is present.

Refunds, less a \$10 administrative fee per registrant, will only be processed if requested by April 2nd, 2015 by 4PM.

You must be registered with the Recreation Department prior to attending an activity. If your household is new, inactive, or missing pertinent information you will need to complete a Household Information Form before registering for an activity. Online Registration: Visit www.bernards.org. Call 908-204-3003 to request your User Name and Password. In-Person or Mail-In Registration: Complete the form below and return with check made payable to Bernards Township to Parks & Recreation, 1 Collyer Lane, Basking Ridge, NJ 07920