



Saint Paul Urban Tennis Fall Adult Classes 2018

6-Week Sessions Beginning the Week of September 10

Register at www.urbantennis.org Questions? Call 651-222-2879

Tennis Express I (*Beginner Tennis Lessons): Learn basic stroke production, scoring and strategy so that you are able to hit the courts with family and friends and be successful.

Drill and Play (Intermediate Tennis Lessons):** Now that you know the basics, this class will fine tune all the strokes and strategies you learned in Tennis Express I. After warming up with drills, you'll play games and matches to bring your game to the next level.

Prerequisite: Tennis Express I or previous tennis experience

Cardio Tennis: This high energy fitness class combines tennis drills with cardiovascular exercise, delivering a full body, calorie burning workout!

***Beginner** classes are for people who have little or no tennis experience, are just getting into physical activity, or generally want to begin playing or exercising at a little bit slower pace.

****Intermediate** classes are for people who have taken the class before, are currently playing tennis at a higher level, or are exercising regularly and want to add to their routine.

LOCATION	DATES	DAY	CLASS	TIME	COST
Edgcumbe Park	Sept 10-Oct. 15	Monday	Cardio Tennis	5:30-6:30 pm	\$75
			Tennis Express I	6:30-7:30 pm	
Central High School	Sept 13-Oct. 18	Thursday	Tennis Express I	5:30-6:30 pm	
			Drill and Play	6:30-7:30 pm	
Central High School	Sept 15-Oct. 20	Saturday	Cardio Tennis	9:00-10:00 am	
			Tennis Express I	10:00-11:00 am	
			Drill and Play	11:00-12:00 pm	