

Spring Adult Tennis

Adult Foundation Tennis (Beginners): *Adult Foundation Tennis classes follow developmental curriculums and guidelines laid out by the USTA. Designed for players with little or no previous experience, participants will learn the basic fundamentals in stroke production, court movement and footwork, in a low pressured, yet energetic environment. Most importantly, it's all about having fun and taking the time to enjoy a social, healthy, lifelong sport.*

Adult Development Tennis (Intermediate): *Adult Development Tennis classes are ideal for any player that holds previous playing experience and a sound knowledge of the game. Participants will focus not only on skill refinement, but tactical strategy in both the singles and doubles game. Each session is designed to be engaging, social and challenging, providing plenty of opportunities to showcase skills in match play activities.*

Cardio Tennis: *Cardio Tennis is one of the most recent fitness initiatives to hit the US. All activities within the class 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.*

Resident Registration Begins: 02/22/2016, 8:30AM

Non-Resident Registration Begins: 03/21/2016, 8:30AM

Adult Cardio Tennis 1

Instructor: US Sports Inst.

Gender: Coed, Age: 18+

PVP Tennis Court #1, 3410 Valley Road

Monday, April 18 - June 6, 2016; 10:15AM-11:15AM No Program 5/30

\$140 per resident, \$160 per non-resident of Bernards Township per session

Adult Foundation Tennis 1

Instructor: US Sports Inst.

Gender: Coed, Age: 18+

PVP Tennis Court #1, 3410 Valley Road

Saturday, April 16 - June 11, 2016; 8:00AM-9:00AM No Program 5/28

\$160 per resident, \$180 per non-resident of Bernards Township per session

Adult Foundation Tennis 2

Instructor: US Sports Inst.

Gender: Coed, Age: 18+

PVP Tennis Court #1, 3410 Valley Road

Monday, April 18 - June 6, 2016; 9:15AM-10:15AM No Program 5/30

\$140 per resident, \$160 per non-resident of Bernards Township per session

Adult Foundation Tennis 3

Instructor: US Sports Inst.

Gender: Coed, Age: 18+

Rebel Hill Tennis #1, Fairview Drive East

Friday, April 22 - June 10, 2016; 5:00PM-6:00PM

\$160 per resident, \$180 per non-resident of Bernards Township per session

Adult Development Tennis 1

Instructor: Staff - US Sports Inst.

Gender: Coed, Age: 18+

PVP Tennis Court #1, 3410 Valley Road

Saturday, April 16 - June 11, 2016; 8:00AM-9:00AM No Program 5/28

\$160 per resident, \$180 per non-resident of Bernards Township per session

Adult Development Tennis 2

Instructor: Staff - US Sports Inst.

Gender: Coed, Age: 18+

Rebel Hill Tennis #1, Fairview Drive East

Friday, April 22 - June 10, 2016; 6:00PM-7:00PM

\$160 per resident, \$180 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 1st, 2016 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