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**2011 NORBECK GROVE SPRING ADULT TENNIS PROGRAM**  
**APRIL 25<sup>TH</sup> – JUNE 20<sup>TH</sup> (8 WEEKS)**

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**WE HAVE NOT SET A DAY OR TIME FOR THESE CLASSES YET. INSTEAD IF YOU ARE INTERESTED PLEASE CALL US OR SEND AN EMAIL TO [LIVEBALLTENNIS@HOTMAIL.COM](mailto:LIVEBALLTENNIS@HOTMAIL.COM) AND LET US KNOW WHICH CLASS YOU WOULD LIKE TO TAKE AND WHAT TIME WOULD WORK BEST FOR YOU.**

### **LADIES BEGINNER/ADV. BEGINNER CLINIC**

IF YOU HAVE NEVER PLAYED THIS GREAT GAME BEFORE IT IS NEVER TOO LATE TO LEARN. EMPHASIS WILL BE PLACED ON STROKE TECHNIQUES AND BEGINNING TO PLAY SINGLES AND DOUBLES. THIS IS ALSO AN EXCELLENT CLASS FOR THOSE PLAYERS WHO HAVE PLAYED BEFORE, BUT HAVE NOT PLAYED IN A FEW YEARS AND WANT TO GET PLAYING AGAIN. THE STUDENT TO INSTRUCTOR RATIO WILL BE 5:1

### **LADIES INTERMEDIATE CLINIC**

THIS CLINIC IS FOR THOSE WOMEN WHO HAVE BEEN PLAYING FOR A LITTLE WHILE AND ARE LOOKING TO TAKE THEIR GAME TO THE NEXT LEVEL. IT IS IDEAL FOR THOSE 3.0 OR 3.5 LEVEL PLAYERS. WE WILL CONTINUE TO WORK ON STROKE TECHNIQUE AS WELL AS LEARN HOW TO PLAY DOUBLES INCLUDING STRATEGY AND TACTICS.

### **LADIES PLAY TO WIN CLINIC**

THIS CLINIC IS DESIGNED FOR WOMEN WHO DESIRE TO TURN IT UP A NOTCH! SPECIAL EMPHASIS WILL BE PLACED ON WINNING DOUBLES STRATEGY ALONG WITH MORE SPECIALTY SHOTS. THIS CLASS WOULD BE PERFECT FOR THOSE WOMEN WHO COMPETE IN DOUBLES LEAGUES AND ON TENNIS TEAMS.

### **ADULT EVENING DRILL**

THE PERFECT CLASS FOR THOSE WORKING MOMS AND DADS. IF YOU ARE NOT ABLE TO JOIN US DURING THE DAY BUT WOULD LIKE TO IMPROVE YOUR GAME AND GET IN A GREAT WORKOUT THEN OUR ADULT EVENING DRILL CLASS IS THE PLACE FOR YOU.

### **MEN'S AND WOMEN'S CARDIO TENNIS**

IT'S HEART PUMPING TENNIS ACTION. BURN CALORIES. HIT A LOT OF TENNIS BALLS. IT'S FAST ACTION AND GUARANTEED TO BETTER YOUR GAME AND FITNESS. LOSE UP TO 800 CALORIES AS WE TAKE YOU THROUGH CHALLENGING FEEDING DRILLS.

QUESTIONS? CALL DOUG AT (240) 498-6140 OR EMAIL: [LIVEBALLTENNIS@HOTMAIL.COM](mailto:LIVEBALLTENNIS@HOTMAIL.COM)

### **PRIVATE CLINICS**

CHOOSE YOUR OWN DAY AND TIME AND THEN YOU, ALONG WITH A MINIMUM OF 2 OF YOUR FRIENDS, CAN HAVE A "PRIVATE" CLINIC. TO ARRANGE A PRIVATE CLINIC PLEASE CONTACT DOUG AT (240) 498-6140.

## 2010 ADULT TENNIS REGISTRATION FORM

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NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL: \_\_\_\_\_

1. CLASS: \_\_\_\_\_ DAY AND TIME: \_\_\_\_\_

2. CLASS: \_\_\_\_\_ DAY AND TIME: \_\_\_\_\_

3. CLASS: \_\_\_\_\_ DAY AND TIME: \_\_\_\_\_

4. CLASS: \_\_\_\_\_ DAY AND TIME: \_\_\_\_\_

**PLEASE RETURN FORM ALONG WITH PAYMENT TO: LIVE BALL TENNIS**  
4805 ABBEYVILLE PLACE, OLNEY, MD 20832

