



**YMCA Adult Tennis Registration Form  
Silver Spring  
Fall 1: September 3 – October 28 (8 weeks)**

Return this form to the front desk, register online <https://easytoenroll.ymcadc.org/register/org> or e-mail form to [vanessa.hahn@ymcadc.org](mailto:vanessa.hahn@ymcadc.org)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Phone number: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Circle membership type:      Full member                      Program Member

Circle your Program:    Beginners    Advanced Beginners    Intermediate    Cardio    Doubles Clinic

Day(s) of week/ time \_\_\_\_\_

Payment Information:

Amount: \_\_\_\_\_ CC #: \_\_\_\_\_ Exp. Date: \_\_\_\_/\_\_\_\_

\*If paying by check, please remit amount to the YMCA Silver Spring and return or send to the front desk.

YMCA Disclaimer: I understand the nature and scope of the program listed. I understand that there are risks and dangers associated with the program. I understand that it is not the function of the YMCA Metropolitan Washington its employees, agents, operators or instructors to guarantee the safety of participants with respect to the program above. I also understand that each participant has the responsibility to exercise due care in the performance of the activities/program for the safety of himself/herself and the other participants. In consideration of the participants being permitted to enroll in the program, I hereby release, indemnify and hold harmless the YMCA, its employees, contractors, subcontractors, operators and instructors from any and all claims and demands, costs, charges and expenses for harm, injury, damage or loss which may be sustained by the participant as a result of, or relating to, participation in the program above. Refunds will only be given for medical reasons (physician's notice may be required for a medical refund). I have read and understand the above liability

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



## YMCA Adult Tennis at Silver Spring Fall 1: September 3 – October 28 (8 weeks)

**Prices listed** are for **one class per week** for eight weeks. Players must register for one class per week and are encouraged to register for an additional day to maximize their improvement.

### Adult Beginners

This class is designed for players who have never played tennis or have taken some lessons in the past and want to be reintroduced to the game. This class focuses on developing purposeful stroke mechanics and court awareness.

Friday	6:00 – 7:30 PM	Full Member \$235	Program Member \$260
Sunday	12:00 AM – 1:30 PM	Full Member \$235	Program Member \$260

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### Adult Advanced Beginners

This class is designed for players looking to improve their consistency in groundstrokes and serves as well as court awareness with the introduction of match play in singles and doubles

Thursday	6:00 – 7:30 PM	Full Member \$235	Program Member \$260
Saturday	3:00 – 4:30 PM	Full Member \$235	Program Member \$260

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### Adult Intermediate (3.0-3.5)

Adult Intermediate is designed for players looking to improve their strokes and develop game playing strategies. This clinic focuses on adding versatility and purpose to your game. A great follow up to Adult Advanced Beginners or for a player who knows basic stroke mechanics and is looking to take their game to the next level.

Monday	6:00 – 7:30 PM	Full Member \$235	Program Member \$260
Sunday	1:30 – 3:00 PM	Full Member \$235	Program Member \$260

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### Adult Cardio Tennis

Are you ready for heart pumping action? This class is a combination of drill and game-based themes designed to burn calories and reach players optimal heart zone. Cardio tennis is a non-instructional class that focuses on lots of movement, strokes and fun!

Tuesday	6:00 – 7:00 PM	Full Member \$125	Program Member \$150
Wednesday	10:30 – 11:30 AM	Full Member \$125	Program Member \$150

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### Doubles Clinic

Want to learn or improve your doubles game? With this clinic you will understand court position, movement and skills required to succeed and have lots of fun playing doubles.

Wednesday	12:00 – 1:30 PM	Full Member \$235	Program Member \$260
Saturday	11:30 – 1:00 PM	Full Member \$235	Program Member \$260

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### **General Information**

For Additional Information: Contact Director of Tennis Vanessa Hahn by e-mail [vanessa.hahn@ymcadc.org](mailto:vanessa.hahn@ymcadc.org) or call 301-585-2122 x2522

Makeup policy: Offered to Full Members only and limited to two classes per session, which cannot be carried over to the next session. Contact Vanessa Hahn to schedule make up classes.

Rain policy: If class is cancelled due to inclement weather, it will be rescheduled subject to the makeup policy and court availability.

Minimum: A minimum of 4 per class is required for clinic to take place.