



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LOVE YOUR WORKOUT

Adult Tennis Activities

YMCA of Muncie



Daytime Drills

Tennis drills will be run by an instructor for a class lasting generally an hour and a half. Ratings are not required for participation. Players with ratings at or near the posted ratings are welcome in the drills.

3.5	Monday	9 - 10:30 AM
3.5	Wednesday	8:30 - 10 AM
4.0	Friday	8 - 9:30 AM
3.5/4.0	Friday	9 - 10:30 AM

League with Coaching

Participants will be split into 2 teams and play points against players of a similar level. The two instructors will be working with teams on court position and strategy.

All Levels	Monday	9 - 11 AM
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Cardio Tennis

1-hour class with the goal of keeping your heart-rate up for the whole hour with short breaks.

Monday, Wednesday, Friday	11 AM - 12 PM
Tuesday/Thursday	5 - 6 PM

Adult Tennis Activities

Sign up sheet

Participant Name		Participant Phone #	
Participant Membership Status	Circle One: Tennis Option	YMCA Member	Guest
Email Address (used for announcements)			
Choose a Program:			
Drills Individual Classes are available for purchase along with packages of 10. If you are interested in organizing your own group of 3 or more players and choosing a different day and time, Contact Justin Overmyer.	<input type="checkbox"/> Individual Classes T.O. \$15 Member \$20 Guest \$25 <input type="checkbox"/> Package of 10 Drills T.O. \$120 Member \$160 Guest \$200		
League with Coaching Participants sign up for a total of 6 classes at a time. Class is limited to 12 players per week. There will be a schedule of play with the ability to ask off weeweeks. Players will be split into teams of 6 and coached throughout play.	<input type="checkbox"/> Package of 6 classes T.O. \$40 Member \$60 Guest \$80		
Cardio Tennis	<input type="checkbox"/> Individual Classes T.O. \$5 Member \$10 Guest \$15 <input type="checkbox"/> Package of 10 Drills T.O. \$50 Member \$100 Guest \$150		

I understand that the YMCA does not issue refunds for missed classes.

YOUR INITIALS: _____

I have received and read the instructional program policies agreement. I understand and accept this as part of my participation at the YMCA of Muncie.

Signature: _____ **Date:** _____

By signing this form, you are agreeing to abide by YMCA policies and guidelines.