

MIDTOWN TENNIS CLUB

STROKE OF THE WEEK MARCH 2019

To improve each stroke in tennis, you need to learn and review the fundamentals. In our one hour clinic, work on your form and consistency in an intensive drill session focused on one particular stroke. Our pro has designed specific drills and exercises to help you improve and develop each stroke.

ALL CLASSES ARE \$30

PLEASE CHECK DESIRED CLASSES BELOW:

SATURDAYS 12-1 PM

- March 2 Backhand
- March 9 Forehand
- March 16 Overhead/Volley
- March 23 Serve
- March 30 Backhand

SATURDAYS 1-2 PM

- March 2 Serve
- March 9 Overhead/Volley
- March 16 Forehand
- March 23 Backhand
- March 30 Serve

SUNDAYS 12-1 PM

- March 3 Forehand
- March 10 Backhand
- March 17 Serve
- March 24 Overhead/Volley
- March 31 Forehand

SUNDAYS 1-2 PM

- March 3 Overhead/Volley
- March 10 Serve
- March 17 Backhand
- March 24 Forehand
- March 31 Overhead/Volley

RESERVATIONS ARE FINAL / NO REFUNDS OR MAKEUPS GIVEN FOR MISSED CLASSES

1. Patrons, all of whom are adults, in consideration of the privilege of using the club's facilities, hereby release the Club and hereby discharge its officers, directors, agents and employees in connection with the use of the Club facilities from all losses and damages, suits, payments and judgments, including attorney's fees, arising from personal injuries including death which may result from use of the Club's facilities, whether or not such injuries are the result of ordinary or gross negligence.

2. The Club is not responsible for any personal property left in the locker rooms, or any part of the Facility.

NAME _____ EMAIL _____

PHONE(Cell) _____ (O) _____

CREDIT CARD # _____ EXP _____

SECURITY CODE _____ BILLING ZIP CODE _____

SIGNATURE _____ DATE _____

I understand and agree to all of the terms and conditions.

mtcprograms@gmail.com

341 8th Avenue, NY, NY 10001