



## 2018 Spring Adult Tennis Registration Form Session#2 April 23 – May 27

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

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

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

**Circle membership type:**      Full member                  Program Member

**Circle your Program:**    Rally Now                  Intermediate                  Competitive Drill & Play                  Cardio

**Day(s) of week:** \_\_\_\_\_

**Payment Information:**

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

\*If paying by check, please remit amount to the YMCA Bethesda-Chevy Chase and return or send to the front desk.

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**Disclaimer**

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

## Bethesda-Chevy Chase



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

### Rally Now (Advanced Beginner)

Rally Now is designed for players who have taken Rally in 10 previously, 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.

Tuesday	6:00 – 7:30 pm	Full Member \$140	Program Member \$165
Sunday	4:00 – 5:30 pm	Full Member \$140	Program Member \$165

### Intermediate (3.0 Level)

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 Rally Now, or for a player who knows basic stroke mechanics and is looking to take their game to the next level.

Wednesday	6:00 – 7:30 pm	Full Member \$140	Program Member \$165
Saturday	4:00 – 5:30 pm	Full Member \$140	Program Member \$165

### Competitive Drill & Play (3.5+ Level)

The focus of this clinic is to improve your shot making skills, learn how to control points from the baseline, successfully transition to the net, win points on your serve and add power to your game. This clinic will add to your arsenal of shots and help you play more offensively.

Thursday	6:00 – 7:30 pm	Full Member \$140	Program Member \$165
Saturday or Sunday	2:30 – 4:00 pm	Full Member \$140	Program Member \$165

### Cardio Tennis

Are you ready for some heart pumping action? This class is a combination of drill and game-based themes designed to burn calories and reach players' optimal heart rate zone. Cardio tennis is a non-instructional class that focuses on lots of movement, strokes and fun! This class requires that you have been playing tennis regularly. If you're looking to get back into the game, we strongly recommend signing up for Rally Now first.

Saturday or Sunday	8:00 – 9:00 am	Full Member \$85	Program Member \$95
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## *General Information*

**For Additional Information:** Contact Director of Tennis Michael Vann by e-mail [bcc.tennis@ymcadc.org](mailto:bcc.tennis@ymcadc.org) or call (301) 530-3725

**Make Up Policy:** Offered to Full Members only and limited to two classes per session, which cannot be carried over to the next session. Contact Michael Vann to schedule make up classes.

**Rain Policy:** If class is cancelled due to inclement weather, it will be rescheduled subject to the make up Policy and court availability

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