



# TENNIS CLASSES

## Ages 3– Adult ♦ All Abilities

### METUCHEN

In Association with Metuchen Recreation Department

In association with



EASTERN



Following US Tennis Association (USTA) curriculums, the USSI Tennis Program is a fast and easy way to develop an individual's skills.

The program offers a wide variety of drills and games suited to the ability level and age of every person who attends.



Our enthusiastic staff follow curriculums and guidelines laid out by the USTA, which includes the highly appraised Quickstart Tennis format. At every level, participants learn the basic fundamentals in stroke production, court movement and footwork skills, all in a low pressured environment.

Most importantly it's all about fun, with games, games and more games during each session!



- ♦ Forehand
- ♦ Backhand
- ♦ Serve
- ♦ Volley
- ♦ Rallying
- ♦ Spin
- ♦ Shot Selection
- ♦ Footwork

## SPRING 2012 LISTINGS

Code	Day	Date	Time	Age	Fee
<b>Tennis Squirts</b>					
TS12075	Sat	4/14 – 6/2	10:00 AM – 11:00 AM	5 to 6	\$125
TS12074	Sat	4/14 – 6/2	9:00 AM – 9:45 AM	3 to 4	\$95
<b>Tennis</b>					
TN12076	Sat	4/14 – 6/2	11:15 AM – 12:45 PM	7 to 9	\$170
TN12077	Sat	4/14 – 6/2	1:15 PM – 2:45 PM	10 to 13	\$170
TN12078	Sat	4/14 – 6/2	3:00 PM – 4:30 PM	15 to 99	\$170

Classes take place at: Grove Ave Tennis Courts

Racquets will be provided for students ages 3-5  
Participants over the age of 5 are required to provide their own racquet

Class consists of 7 x 1 hour sessions  
Make up classes will take place after the last scheduled session  
There will be a miss date 5/26/12

## HOW TO REGISTER

Online at: [www.USSportsInstitute.com](http://www.USSportsInstitute.com)  
 By Telephone: (732) 563 2520  
 By Mail to: Metuchen Recreation Dept  
 500 Main Street, Metuchen, NJ 08840  
 In person at: 500 Main Street, Metuchen, NJ 08840

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