

Summer Session I: July 9 – August 12

Velocity Junior Development

5-Week Session: \$75 AHSTC Members | \$94 AHSTC Non-Members

<p>LEVEL 5 AGES 6-11 Limit 8 students per class.</p> <p>Monday 5:00-6:00 pm Saturday 10:30-11:30 am</p>	<p>Children learn the first stages of cooperative tennis along with how to initiate a rally, control the racquet contact point and control the height, direction and depth of the ball. The program incorporates movement, balance, coordination and motor skill development to give students the adaptive skills that build a foundation for their future athletic development. (Red Foam Balls, 36' Court)</p>
<p>LEVEL 4 AGES 7-11 Limit 8 students per class.</p> <p>Tuesday 4:00-5:00 pm Saturday 11:45-12:45 pm</p>	<p>Players make the transition to the 60' court and work on moving quickly and efficiently with good balance, coordinating rotations, and use of both arms together. This program focuses on swing shapes, spin, rallying and serving on balance with a consistent action and higher contact. (Orange Balls, 60' Court)</p>
<p>LEVEL 3 AGES 7-12 Limit 8 students per class.</p> <p>Tuesday 5:00-6:00 pm Saturday 11:45-12:45 pm</p>	<p>At this level, players should be confident and comfortable competing on a 60' court both in team and individual events. Players work on using specific patterns, adapting movement, and quick reaction. This program focuses on refining the stroke shape and spin to direct the ball to different depths and effective throwing action and grip on the serve. Players become more tactically aware of the opponent. (Orange Balls, 60' Court)</p>

Adult Instructional

5-Week Session: \$75 AHSTC Members | \$94 AHSTC Non-Members

<p>HIT CLINIC AGES 16+</p> <p>Thursday 5:00-6:00 pm Saturday 1:00-2:00 pm</p>	<p>Improve your skills in one of our most popular clinics! The Hit Clinic gives you intense drills to improve your match play.</p> <p>For playing levels 3.5 and higher</p>
<p>CARDIO TENNIS AGES 16+</p> <p>Saturday 9:00-10:00 am</p>	<p>This engaging group fitness program features heart pumping tennis drills, games and skills while delivering the ultimate full body workout. Burn 300+ calories in just an hour class.</p> <p>All playing levels welcome.</p>

Private and group lessons are also available. Contact Linda Van B. Stafford at 513-233-6806 or lvandenburgstafford@mercy.com for more information.

Reserve your spot today!

Name: _____ DOB: _____

Address: _____

Phone: _____ Email: _____

Are you currently enrolled in a Mercy HealthPlex Tennis program?

No Yes: What level? _____

Velocity Junior Development

Level 5: Mondays
\$60 M / \$75.20 NM

Level 4: Saturdays
\$75 M / \$94 NM

Level 5: Saturdays
\$75 M / \$94 NM

Level 3: Tuesdays
\$75 M / \$94 NM

Level 4: Tuesdays
\$75 M / \$94 NM

Level 3: Saturdays
\$75 M / \$94 NM

Adult Instructional

Hit Clinic: Thursdays
\$75 M / \$94 NM

Cardio Tennis: Saturdays
\$75 M / \$94 NM

Hit Clinic: Saturdays
\$75 M / \$94 NM

Payment: Visa MasterCard AMEX

Card #: _____ Expiration Date: _____

Name on Card: _____

Cardholder Signature: _____ Date: _____

Send completed form to:

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