

Foothills Tennis & Swimming Club

Fall Adult Tennis: tennis & fitness training

Program Summary

Our programs are designed to:

- stimulate a lifelong enthusiasm for tennis
- connect people in a friendly environment that fosters good sportsmanship
- contribute to a healthy, active lifestyle

Sign up is by the month, no drop-ins accepted. Cost is \$25 per day for members, \$30 for non-members. Register early to secure a space in the class of your choice.

Class Schedule

TENNIS 101 • Mondays 8:30am

This 1-hour class introduces men and women to the fundamentals of tennis, including strokes, footwork, and game rules. Class minimum is 5 and maximum is 8.

TENNIS 102 • Tuesdays 8:30am

In this 1-hour class beginner players progress further in developing consistent stroke production and footwork. Minimum of 5 people per class and a maximum of 8. Participants who have not completed Tennis 101 at Foothills should get approval in advance from Terry.

TRX/CARDIO TENNIS • Thursdays 12pm

This is a fun, high-intensity, 1-hour workout for both men and women that combines TRX, tennis, running, and music. No tennis experience required. Class minimum is 5 and maximum is 8.

For more info, please email:
Terry Roundtree, Junior Tennis Director
jrtennis@foothills-club.org

Fall 2018 Adult Tennis Registration

Player name: _____ [] Member [] Non-member

Telephone: _____ Email: _____

Emergency contact _____

Session: Please sign up and pay for one month at a time. Members will be billed upon receipt of registration.

[] September check # _____ \$ _____

Notes _____

[] October check # _____ \$ _____

Notes _____

[] November check # _____ \$ _____

Notes _____

Classes:

[] Tennis 101 Mon 8:30am [] Tennis 102 Tues 8:30am [] TRX/Cardio Thu 12pm

No credits or refunds for absences. After receiving your registration, we will reserve a space for you in a limited capacity class. Therefore, **we do not refund payments or issue credits for absences.** In the event of rain, please call (650) 493-8540 to hear if class has been cancelled. Rainouts will be credited or re-scheduled.

Waiver

I, as a member, or guest of Foothills Tennis and Swimming Club (Foothills), am fully aware of all the risks associated with physical exercise and my limitations regarding physical exercise. I understand that the Foothills TRX/Cardio or tennis class instructor will make no evaluation or recommendation—and I will not construe any statement or action as an evaluation or recommendation—with respect to whether I am sufficiently physically fit for any exercise activities. I am aware that it is always advisable to consult a physician before undertaking a physical exercise program. I knowingly, willingly and intentionally assume all risks associated with Foothills cardio or tennis class and with using the tennis courts. I hereby agree to waive my right, my spouse's right, and my child or children's right to make a claim or initiate any lawsuits against Foothills or its officers, agents (cardio or tennis class instructor), or employees for the acts or omissions of those officers, agents, or employees which may, or do, cause injury, death or harm related to my participating in TRX/Cardio Tennis class.

I acknowledge that I have carefully read the waiver and fully understand that it is a waiver of liability.

Signature: _____ **Date:** _____