

### Adult Instructional Programs

**SESSION DATES:**

**FALL ONE SESSION:**

**5 Weeks**  
Sunday, September 5 -  
Saturday, October 9  
(No Class Sept. 6th)

**FALL TWO SESSION:**

**5 weeks**  
Sunday, October 10—  
Saturday, November 13

**FALL THREE SESSION:**

**5 Weeks**  
Sunday, November 14-  
Saturday, December 18  
(No Class Nov 25th)

**Adult Instructional Programs:**

**MINIMUM of 3 PARTICIPANTS FOR EACH CLASS**

The Adult Instructional Programs offer competitive and technical training for the novice to the experienced player. No matter what your level is, our programs are designed to enhance your game. West End Adult programs are a great way to meet other tennis players! Whatever your tennis needs are, we have the program for you!

Fees listed are for one class per week.

Contact Laurie Schwepfinger, Tennis Administrator, at 610-395-3337, Ext. 15 or E-mail Laurie at [LSchwepfinger@24-7fitness.com](mailto:LSchwepfinger@24-7fitness.com) for additional information.

**WHAT IS NTRP?** - National Tennis Rating Program is a classification system that identifies and describes the general characteristics of thirteen levels of tennis-playing ability. Copies of the NTRP charts are on the Tennis Table and posted on the Adult Tennis Bulletin Boards at West End.

**LEVEL 1 NTRP Level: None to 2.5**

Little or no experience needed. Emphasis will be on basic strokes and technique.

**SCHEDULE OF CLASSES**

Sunday.....	12:30 p.m.—2:00 p.m.	Member	\$135.00/session
Wednesday .....	9:30 a.m.—11:00 a.m.	Non-Member	\$170.00/session
Thursday.....	7:00 p.m.—8:30 p.m.		

**LEVEL 2 NTRP Level: 2.5 to 3.0**

Focus is keeping the ball in play, and improving court positioning and consistency.

**SCHEDULE OF CLASSES**

Monday.....	7:00 p.m.—8:30 p.m.	Member	\$135.00/session
Thursday.....	5:30 p.m.—7:00 p.m.	Non-Member	\$170.00/session
Friday.....	9:30 a.m.—11:00 a.m.		
Sunday.....	2:00 p.m.—3:30 p.m.		

**LEVEL 3 NTRP Level: 3.0 to 3.5**

Working to improve court sense and placement, refine net play and basic tactics.

**SCHEDULE OF CLASSES**

Sunday.....	11:00 a.m.—12:30 p.m.	Member	\$135.00/session
Monday .....	10:00 a.m.—11:30 p.m.	Non-Member	\$170.00/session
Tuesday.....	11:00 a.m.—12:30 p.m.		
Wednesday .....	6:00 p.m.—7:30 p.m.		

**LEVEL 4 NTRP Level: 3.5 and Up**

Developing the use of lobs, overheads, approach shots and volleys. Emphasis on good stroke development and court positioning.

**SCHEDULE OF CLASSES**

Monday.....	11:30 a.m.—1:00 p.m.	Member	\$135.00/session
Tuesday .....	7:00 p.m.—8:30 p.m.	Non-Member	\$170.00/session
Friday.....	11:00 a.m.—12:30 p.m.		

**STROKE OF THE DAY CLINIC NTRP Level: 3.0 and Up**

Work on your favorite shot, or just practice each technique every week! Then, use the technique in drills and game situations.

Week One: Forehand    Week Two: Backhand    Week Three: Volley    Week Four: Overheads/Lobs    Week Five: Serve and Return

**SCHEDULE OF CLASSES**

Tuesday.....	9:30 a.m.—11:00 a.m.	Member	\$135.00/session
Thursday .....	6:00 p.m.—7:30 p.m.	Non-Member	\$170.00/session

## **GENERAL INFORMATION & REGISTRATION**

1. Full payment must be made at time of registration. If you wish to mail a check, please mail to the following address with registration form to:  
  
West End Racquet Club  
ATTN: Laurie Schwepfinger  
4636 Crackersport Road  
Allentown, PA 18104
2. Make all checks payable to West End Racquet Club. Visa, MasterCard, Discover and American Express are accepted for registration in person at West End.
3. There are no classes on Labor Day or Thanksgiving Day.
4. If you are unable to attend a program, you must notify the West End tennis department at least three days prior to the first class in order to receive credit towards other West End adult clinics/programs.
5. Refunds or credits cannot be issued after a program has begun except for medical reasons.
6. If a program fails to meet minimum participation requirements or otherwise be canceled, a full refund will be issued. In the event of a program cancellation, every effort will be made to contact registered participants prior to the first class.
7. All make-ups must be made within the same session. Make-ups cannot be carried over to the next session except for medical reasons.

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### Session (circle) **FALL 1**      **FALL 2**      **FALL 3**

**LEVEL ONE:** Sunday 12:30 pm  
Wednesday 9:30 am  
Thursday 7:00 pm

**LEVEL TWO:** Monday 7:00 pm  
Thursday 5:30 pm  
Friday 9:30 am  
Sunday 2:00 pm

**LEVEL THREE:** Sunday 11:00 am  
Monday 10:00 am  
Tuesday 11:00 am  
Wednesday 6:00 pm

**LEVEL FOUR:** Monday 11:30 am  
Tuesday 7:00 pm  
Friday 11:00 am

**STROKE OF DAY:** Tuesday 9:30 am  
Thursday 6:00 pm

**COST FOR 5-WEEK SESSION—\$135/Session for Members - \$170/Session for Non-Members**

Total Amount Enclosed \$ \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone Number \_\_\_\_\_ E-Mail \_\_\_\_\_

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 West End Racquet Club, 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 West End Racquet Club, its employees, 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