

Adult Spring Tennis Classes

Eastwood Park Tennis Courts

April 7th to June 9th

Cardio Stroke

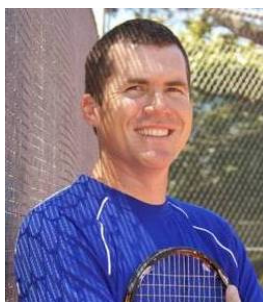
Wednesdays 5:30-6:30, April 7th to June 9th
9 weeks, but you only pay for 8!!!
\$192 (averages out to \$24/class)

Drop-ins welcome, but you must call in advance to reserve your spot
\$35/class (Higgins Tennis 963-2549)

All levels welcome!

Class Description

- 1/2 hour cardio work-out, 1/2 hour instruction on basic strokes for all levels
- Fast paced workout hitting tons of tennis balls.
- Pro fed forehand, backhand, volley and overhead drills designed to get your heart pumping and give you a great workout. Players are not hitting with other players, so all levels 2.5 and above can join this workout.



Tennis Director
William Higgins

Clinics run by Higgins Tennis Professionals - www.higginstennis.com/tennis-pro-bios.html

William Higgins has taught thousands of adults & children and trained countless pros all over California. He ran the largest junior tennis facility in the world, the Barnes Junior Tennis Center in San Diego, was the Associate Pro at the Belvedere Tennis Club, and currently runs all the tennis programs for Belvedere-Tiburon Recreation, the Bay Club Corte Madera, Tamalpais Community Services District, and Marin Country Day School. We use the Quickstart curriculum developed by the United States Tennis Association.

Register at TCSD: **388-6393**

Questions: Higgins Tennis 415-963-2549 or admin@higginstennis.com

higginstennis.com 