

# Northwood

Racquet and Fitness Club



## SUMMER TENNIS FOR ADULTS 2010

### **GROUP LESSONS**

#### **Beginner / Learn to Play**

Will meet Tuesday and Thursday:  
8:30-10:00am or 6:00-7:30pm  
For 3 Weeks of Instruction

Date: June Session: June 8 – June 24  
July Session: July 6 – July 22  
Aug Session: Aug 3 – Aug 19

Includes 1 hr of Instruction, followed by  
½ hr of free play

**Cost:** \$150/ Member  
\$200/ Non Member

### **WEEKLY DRILLS**

#### **AM CARDIO DRILLS**

Monday/Friday  
8:30-9:30am

#### **DAYTIME DRILLS**

Tuesday 12:30-2:00pm  
Friday 11:30-1:00pm  
Sunday 8:30-10:00am

#### **EVENING DRILLS**

MONDAY 7:00-8:30pm  
WEDNESDAY 7:00-8:30pm

### **ADULT CAMP**

Week long Camp Monday-Friday 8:30-10:00am  
(Followed by a Healthy Brunch)

**Dates:** June 21-25  
July 19-23  
August 2-6  
August 16-20

**Cost:** \$60/Day  
\$162/3Days  
\$275/week

### **USTA TEAM DRILLS**

Men's and Women's USTA Teams may set up  
days and times for specific game plans and  
strategies

Convenient times/ 1 hr instruction, 1/2hr play  
\$20.00 /Player (Minimum 4)

EMAIL: [CLUB@ NORTHWOODRFC.COM](mailto:CLUB@NORTHWOODRFC.COM)  
FAX: 610-258-8606

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## **SENIOR ROUND ROBIN /BRUNCH**

Singles and or Doubles Round Robin  
followed by an "O so Healthy brunch  
Advanced Sign ups

Wednesday 8:00-9:30am

Cost: \$7.50/ Members  
\$15.00/NonMembers

## **WOMEN'S SUMMER ROUND ROBIN**

Friday 9:00-10:30am

Cost : \$10/Member  
\$12/Non Member

## **SUMMER DOUBLES ROUND ROBIN**

Friday 6:00-8:00pm

COST: \$20/Includes snacks and refreshments

## **PARENTS HITTING WITH STUDENTS PROGRAM**

Any Nonmember Parent of a student in a  
Current instructional program may partake in a hitting  
session with their son and daughter.

Cost: \$26/hr

