

Cardio TennisNew Casual Option..!!



Cardio Tennis is the ultimate, high energy tennis workout. It is a fun group activity which includes a warm-up, cardio workout, and cool down featuring tennis drills and games for players of all abilities.

- You will burn calories
- You will hit a lot of tennis balls
- You will improve your footwork
- While you are playing tennis the focus is primarily on getting a great workout
- Heart Rate monitors will be used
- There is music

All weekday classes incorporate the Tiny Tots Tennis which runs simultaneously. All weekend classes incorporate Hot Shots (Ages 4 to 12 y/o) which also run simultaneously. These classes allows parents to participate while the kids learn the game too.

Cardio Tennis

Mon to Sat - 60 min sessions
For Ages 15 to Adult

Tiny Tots Classes

Mon to Fri - 60 min sessions
For Ages 3 to 5

Hot Shots Coaching

Sat - 60 min sessions
For Ages 4 to 12



Venues:
Warrandyte Tennis Club (WTC)
Taroon Ave, Warrandyte
(Melways Ref 35 C1)

South Warrandyte Annexe (SWA)
Colman Rd, South Warrandyte
(Melways Ref 35 K7)



the TENNIS GURU
PO Box 301, Warrandyte 3113
m: 0488 722 538
e: info@thetennismguru.com.au
w: thetennismguru.com.au

 facebook.com/1t1tennismguru

Cardio Tennis - Enrolment Form

Name: _____ M / F Age: _____ DOB: _____

Child Name: _____ M / F Age: _____ DOB: _____

Home Ph: _____ Mob: _____

Email: _____ Comp Grade/Club: _____

Address: _____ Suburb: _____ Postcode: _____

How did you hear about us? _____ Comments/Allergies?: _____

Timetable: Please circle the preferred session:

Class	Day	Time	Venue	Duration
Cardio Tennis	Mon, Wed, Fri	9:30am	WTC	60 mins
Cardio Tennis	Wed, Thurs	6:30pm, 7:30pm	SW & WTC	60 mins
Cardio Tennis	Sat	9am or 10am	SW	60 mins
Hot Shots (ages 4 to 8)	Sat	9am	SW	60 mins
Hot Shots (ages 8 to 10)	Sat	10am	SW	60 mins
Tiny Tots (ages 3 to 5)	Mon & Wed	9:30am	WTC	60mins

Fees:

Cardio 10 weeks	Singles session per week	\$175
Cardio 10 weeks	Second session per week	\$135
Casual Cardio	Paid in cash at start of session	\$22
Hot Shots 10 weeks		\$160
Tiny Tots 10 weeks		\$100

To confirm enrolment: Post or email completed form along with payment:
Cash (bring to 1st session), Cheque (Payable to: The Tennis Guru), Direct Deposit: Account: The Tennis Guru P/L, BSB: 633-000, Account No: 132538992 (Please put participants name in senders details)



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