

Tennis

SUMMER TENNIS PROGRAM

A tennis Photo ID permit is required for play. Copies of Rules and Regulations for the season are available at the Department of Recreation and Leisure Services or at the Municipal Tennis Courts. Registration begins April 1, 2008. Season permit holders may make reservations for the Municipal Tennis Courts up to 72 hours in advance of play.

Outdoor Season Permits (Proof of residency required)

Individual - Adult Permit	\$45.00
Individual - Junior Permit*	\$40.00
Family Permit	\$100.00
Lost Permit (replaced)	\$3.00
Resident Guest - Adult (per hour)	\$5.00
Resident Guest - Junior (per hour)	\$2.00
Nonresident Guest (per hour)	\$9.00
Restricted Permit	\$5.00

*Junior Permit - 15 and under, proof of age required.

Residents may purchase restricted permits that will permit them to play on the Municipal Courts. No reservations are permitted with a restricted permit. Restricted permit holders, and any guests playing with a restricted permit holder, will be required to pay the guest hourly rate each time they use the Municipal Courts.

DIFFERENT STROKES TENNIS LEAGUE

Different Strokes is a nonprofit resident group run by a committee of volunteers with the assistance of the Recreation Department. Our main purpose is to organize sessions of tennis for Upper St. Clair residents of all abilities to play with a variety of partners and opponents.

We have four (4) sign-up sessions per year (first-come, first-served basis):

- A 14-week winter bubble session from mid-January through mid-April
- A spring outdoor session until the end of June
- A summer outdoor session until the bubbles go up around the beginning of October
- A 14-week fall bubble session from October through mid-January

All sessions include weekday mornings and evenings for women's doubles, weekend times for men's doubles, and Friday nights for mixed doubles play.

Singles games can be set up if there is enough demand.

In addition to organizing league play, Different Strokes holds several mixed socials each year.

Cost for joining is \$9.00 for individuals and \$16.00 per couple. If interested, please contact Gina Braun at 412.221.5717.

CARDIO TENNIS (Adults Only: Levels 2.5 – 5.0)

A fun group activity where players of all abilities enjoy tennis together.

5 Top Reasons to Play Cardio Tennis:

1. Have Fun
2. Stay Fit
3. Burn Calories
4. Reduce Risk of Heart Disease
5. Relieve Stress

Spring Session:..... April 21 – June 15 (no Cardio May 26 - Make-up TBA)

Days/Times:..... Monday, Tuesday, and Friday 12:00 p.m. – 1:00 p.m.
Thursday and Sunday 9:00 a.m. - 10:00 a.m. and
11:00 a.m. – 12:00 p.m.
Sunday 9:00 a.m. – 10:00 a.m.

Summer Session: June 23 – August 17 (no Cardio 7/4 - Make-up TBA)

Days/Times:..... Monday, Tuesday, Thursday, and Friday 8:00 a.m. - 9:00 a.m.
Sunday 9:00 a.m. - 10:00 a.m.

Fees:..... 8 weeks one day a week \$130
Two days a week \$250

* Bring your heart monitor if you have one. If not, one will be provided.

* Consult your physician before beginning any cardio exercise.

* Cardio Tennis has very little technical instruction versus our tennis clinics, which are highly technical.

For more information, call 412.257.2998. Please use the registration form on inside back cover for all tennis lessons.



**VISIT THE
TOWNSHIP WEBSITE AT:
www.twpusc.org**