

AUGUST CARDIO DRILL 10 – 11 am Monday 8/22 – Friday 9/2 Cost = \$16 per day
 Adult members only. Sign up for just the dates that work with your schedule.



'11-12 Adult's Lesson Schedule

	<u>Beginner (0 – 2.0)</u>	
Monday	1:30 - 2:30 p.m.	Women
Tuesday	10:00 - 11:00 a.m.	Women
Saturday	9:30 - 10:30 a.m.	Co-ed

	<u>Advanced Beginner (2.1-2.9)</u>	
Monday	noon - 1:30 p.m.	Women
Monday	1:30 - 2:30 p.m.	Women
Monday	1:30 - 3:00 p.m.	Women
Tuesday	8:00 - 9:00 a.m.	Women
Tuesday	10:00 - 11:00 a.m.	Women
Friday	8:00 - 9:30 a.m.	Women
Saturday	9:30-10:30 a.m.	Co-ed

	<u>Low Intermediate (3.0-3.4)</u>	
Monday	noon - 1:30 p.m.	Women
Monday	1:30 - 3:00 p.m.	Women
Tuesday	8:00 - 9:00 a.m.	Women
Tuesday	11:00 - noon	Women
Tuesday	5:30 - 7:00 p.m.	Co-ed
Tuesday	6:30 - 7:30 p.m.	Men
Wednesday	noon - 1:30 p.m.	Women
Thursday	8:00 - 9:00 a.m.	Cardio Co-ed
Friday	8:00 - 9:30 a.m.	Women
Saturday	9:30-10:30 a.m.	Co-ed
Saturday	10:30 - 11:30 a.m.	Co-ed
Sunday	5:30 - 7:00 p.m.	Co-ed

	<u>Intermediate (3.5-3.6)</u>	
Monday	10:30 - noon	Women
Tuesday	8:00 - 9:00 a.m.	Women
Tuesday	11:00 - noon	Women
Tuesday	1:30 – 3:00 p.m.	Women
Tuesday	5:30 - 7:00 p.m.	Co-ed
Tuesday	6:30 - 7:30 p.m.	Men
Wednesday	noon - 1:30 p.m.	Women
Wednesday	1:00 - 2:30 p.m.	Women
Wednesday	8:00 - 9:30 p.m.	Men
Thursday	8:00 – 9:00 a.m.	Cardio Co-ed
Friday	1:30 - 3:00 p.m.	Women
Saturday	9:30 - 10:30 a.m.	Co-ed
Saturday	10:30 - 11:30 a.m.	Co-ed
Sunday	5:30 - 7:00 p.m.	Co-ed

	<u>Advanced Intermediate (3.7-3.9)</u>	
Monday	10:30 - noon	Women
Tuesday	9:00 - 10:30 a.m.	Women
Tuesday	1:30 – 3:00 p.m.	Women
Wednesday	8:00 - 9:30 p.m.	Men
Thursday	7:30 - 9:00 p.m.	Co-ed
Saturday	9:30 - 10:30 a.m.	Co-ed
Saturday	10:30 -11:30 a.m.	Co-ed

	<u>Advanced (4.0+)</u>	
Tuesday	10:30 - noon	Women
Wednesday	8:00 - 9:30 p.m.	Men

More Classes May Be Available.

At press time, there are still some court times available. That means we'll be adding classes to the preceding schedule, as they are needed to accommodate students.

Also, if you have a group we'll be happy to put together a permanent court time lesson – the sooner you call the more flexibility you'll find in scheduling.

Three Lesson Sessions

- I: Mon 9/12 to Sun 12/4 = 12 wks
- II: Mon 12/5 to Sun 4/1 = 14 wks
- III: Mon 4/2 to Fri 5/25 = 8 wks

Wait and Interest Lists. If none of the times on the schedule work for you, you may place your name on an interest list, without obligation.

As the published classes are filled, new classes are added to the schedule. We suggest you enroll in whatever class is available and we'll put your ideal time on the interest list with a note "instead of whatever class currently enrolled in".

Similarly, we suggest you put your name on the wait list for any already-filled class you prefer with a note "instead of whatever class currently enrolled in".

Registration. Registration is on a first-come, first-served basis. Realizing your desire to plan your activities as soon as possible, members may begin registration for classes in July, non-members in August. During the Summer we have shortened hours of weekdays 10-12 & Thurs. 5-8 p.m. Registration requests and any pre-season questions may be left on our answering machine at 630-355-5600. We will return your call promptly.

Member Lesson Prices: \$16 per hour.

Member Private Lesson Prices: \$62/hour, available in ½ hour increments.

Class Ratios: 6:1 max for all classes.

Version 1.2