

Warren Township Recreation
2020 FALL ADULT CARDIO-TENNIS LESSONS
ALL INCLUSIVE, ALL ABILITIES

Mondays, Sept 14, 21 & October 5, 19, 26, Nov 2

9:30-10:30 am

*No class September 28 & October 12

Location: Greenwood Meadows Courts

Cost: \$100

Cardio tennis is a fun and social way to burn some calories while practicing your tennis. Our drills and games are designed for all levels to participate from beginner to advance so you go at your own pace. So bring your racquet and water bottle and we will see you on the courts.

Registration opens August 19 for Warren residents. This is a 6-week (60 min) session for adults. Classes begin September 9 with a registration deadline of Friday, September 11 at 10 am.

Class limited to 8 participants, register early! Participants will need to bring a face covering for when not engaging in vigorous activity and social distancing cannot be achieved. Warren Recreation will be providing instructors with hand sanitizer and latex gloves for participants to utilize. Temperature checks will be taken at the beginning of each class so please arrive 5 minutes prior to the start of class. Anyone with a temperature of 100.4F+ will not be permitted to participate. To return, the participant must have a Doctor's Note clearing them to participate with no restrictions.

Due to COVID-19 this program may be altered or cancelled.

Sorry, no refunds. REGISTER online with a credit card:

<http://warrennj.org/recreation/register/>

Coached by:

Tennis Pro, Michael Watson

He has been coaching for 15 years. Michael is the director of the largest tennis-training center in Central New Jersey, training six hundred students annually.

Tennis Pro, Cynthia Holmes

She has been coaching for Warren Recreation for the last 4 years and has played and captained tennis for over 17 years. Cynthia is a PTR-certified tennis instructor and has taught children and adult tennis lessons.