



# Cardio Tennis with Coach Ricardo

## Program Overview:

This clinic provides children (ages 6 - 13) with tennis fundamentals in a high-energy circuit. Instruction includes footwork, groundstrokes, net play, serves, returns, scoring and complete court coverage.

The program includes a variety of age-appropriate challenge games, fun runs and hand-eye coordination skills. All players get involved in the action and get a great workout!

Players should bring a racquet, wear comfortable running clothes and sneakers and bring water.

Swatara Township's Cardio Tennis Clinic will be held at the **Taylor Park Tennis Court** (one block north of Rosewood Avenue and Derry Street intersection) during two independently priced Saturday sessions:

- |  |   |
|--|---|
| <u>Session One: Mar. 3, 10, 17</u>   | <u>Session Two: Apr. 14, 21, 28</u>   |
| <ul style="list-style-type: none"> <li>• <b>Ages 10 - 13:</b> 10 a.m. – 11 a.m.</li> <li>• <b>Ages 6 – 9:</b> 11 a.m. – 12 p.m.</li> </ul> | <ul style="list-style-type: none"> <li>• <b>Ages 7 – 11:</b> 3:30 p.m. – 4:30 p.m.</li> </ul> |

The total cost/player per Session is \$36. To register, please mail the form below along with payment to Coach Ricardo by **February 29** (Session One deadline) and **April 11** (Session Two deadline). Checks should be made payable to Swatara Township.

## Instructor Profile:

Coach Ricardo has coached multiple youth sports for more than 10 years. He instructs and coordinates year round indoor and outdoor tennis clinics and camps for children ages 6 to 13. Visit [www.coachricardo.com](http://www.coachricardo.com) for more information.

\*\*\*\*\* (Tear Here) \*\*\*\*\*

## SWATARA TOWNSHIP Cardio Tennis Clinic with Coach Ricardo

Child's Name: \_\_\_\_\_

Child's Age/Grade: \_\_\_\_\_ Skill Level (circle one):    novice    intermediate    advanced

Circle one or both:            Session One (\$36)    Session Two (\$36)

Parent's Name: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please complete and mail this form along with payment to:

Ricardo Duarte  
P.O. Box 4163  
Harrisburg, PA 17111

Checks should be made payable to **Swatara Township**

Rev. 12/28/11