



Autumn 2022 Cardio Tennis Booking Form

Name of Player:

DoB:

Medical Conditions:

Session Time: Tuesday 9.30am to 10.30am ☐

Email Address:.....

Mobile Number (for emergency contact)

Payment method.....

These sessions will be held at Crowthorne Tennis Club at a cost of £5 per session for members and £6 for non-members over twelve weeks (therefore £65 for members and £78 for non-members), fees payable at the **start of the term** via bank transfer (details below).

Sort – 20-11-74 Account – 83192512 D C Evan-Hart

Start date will be Tuesday the 13th September and the last week will be Tuesday the 13th December - there will be no sessions within half-term (25th October).

In case of rain etc., lessons will be cancelled for safety reasons so please do provide phone numbers and email addresses.

Please email the completed form to dominicctc@gmail.com or hand it into Tom at the first session with a completed medical declaration form which will also be given to you at the first session.

For any further enquiries please contact Dom on 07999 750558 or on the email above.





What is Cardio Tennis?

Cardio Tennis is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout.

Social:

It is a very social and fun class for players of all ability levels. If you've never played tennis before it is a great way to be introduced to the sport and if you are an experienced high level tennis player it is the best way to train for tennis.

The Purpose:

- To train in your proper heart rate and aerobic zones
- To burn calories
- To train for tennis

What to bring?

- A racket if you have one
- Water
- Plenty of energy!

Where, wear and when?

- The classes are at Crowthorne Tennis Club, St. Sebastian's Field, Nine Mile Ride, Wokingham, Berkshire, RG40 3AT
- Wear normal tennis or work-out clothing. Shoes to be non-marking as per usual on a tennis court
- Tuesday morning at 9.30am to 10.30am

