

2010 ADULT CLASSES

5200 Paint Branch Parkway, College Park, MD 20740
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SUMMER

For more information contact us at 301-779-8000.

INDIVIDUAL CLASS SCHEDULES

Three and a Pro Match Play

Looking for a fourth? Or maybe just some doubles pointers while you play.. Invite a pro to your doubles group!

\$30.00 per person for a One Hour Session

*Can be scheduled through the Front Desk or with a Pro directly

Cardio Tennis

All Levels

Join us for fast-paced, high-intensity drills in this heart-pumping, total body workout. Push your fitness to a new level.

Tuesday	6:00 - 7:00 pm	Member	\$21.50 per clinic
Thursday	6:00 - 7:00 pm	Non-Member	\$27.50 per clinic
Saturday	8:00 - 9:00 am		

Stroke of the Week

All Levels

This one-hour clinic is designed to improve one aspect of your game. This is an ideal clinic for those looking for a specific improvement, an intense workout, or an awesome warm-up for match or league play.

Wednesday	7:00 - 8:00pm	Member	\$21.50 per clinic
Friday	Noon - 1:00 pm	Non-Member	\$27.50 per clinic
Sunday	Noon - 1:00 pm		

2010 Ladder

Play your way to the top! The TCCP Ladder is a great way to find competitive match play and meet other members at the club. Ladders include Men's and Women's Singles and Men's Women's and Open Doubles.

Register by email lquinn@thetccp.com or phone (301)779-8000 x105.

***Stroke of the Week and Cardio Clinics:** participants are required to register and give payment in advance in order to secure their spot in these classes.