



Warren Township
Recreation Department



2019 FALL ADULT CARDIO-TENNIS LESSONS ALL INCLUSIVE, ALL ABILITIES

Mondays, Sept 9, 16, 23 & October 7, 21, 28
9:30-10:30 am

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 is open for Warren, Watchung & Green Brook residents. This is a 6-week (60 min) session for adults. Classes begin September 9 with a registration deadline of Friday, September 6 at 10 am.

Instructor/student ratio: 1-10

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 3 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.