



Warren Township  
Recreation Department



## 2020 SPRING ADULT CARDIO-TENNIS LESSONS ALL INCLUSIVE, ALL ABILITIES

Spring Session #1: March 23, 30; April 13, 20, 27 & May 4  
\*No class April 6

Spring Session #2: May 11, 18; June 1, 8, 15, 22  
\*No class May 25

**When:** Mondays      **Time:** 9:30-10:30 am

**Location:** Greenwood Meadows Courts

**Cost:** \$100 per session

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 Feb. 5 for Warren, Watchung & Green Brook residents. This is a 6-week (60 min) session for adults. Classes begin for session 1 on March 23 with a registration deadline of Friday, March 20 at 10am and session 2 begins on May 11 with a registration deadline of Friday, May 8 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 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.