

# MILESTONE TENNIS ACADEMY



## 2010 ADULT SESSIONS

AT ROGER WILLIAMS UNIVERISTY

Camp Director Neil Caniga 401-254-5322 [milestonetennis@gmail.com](mailto:milestonetennis@gmail.com) or visit us at [www.milestonetennis.com](http://www.milestonetennis.com)

At the Milestone Tennis Academy there will be adult sessions starting in May and running until the middle of August. With our new lighted facility sessions can be offered late into the evening. Sessions are fairly flexible with regards to times and dates. It is our goal to accommodate as many people as possible whether you have a group that would like a specific time and date or an individual looking to join a group. Look below for the types of sessions that we offer.

**Drill Sessions:** These sessions are an hour and a half in length and are for all ability levels. Drilling will include instruction, liveball play, and active skill drills. Students will be placed in groups according to ability level. \$25 per 1.5 hr session

**Cardio Tennis:** Cardio Tennis is a new, fun, group activity, featuring drills to give players of all abilities an ultimate, high-energy workout. Taught by highly trained teaching professionals, Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If present or new players are looking for a great new way to get in shape and to burn calories, they must try Cardio Tennis. Sessions are an hour and a half in length. \$20 per 1.5 hr session

**Beginner Clinics:** Are you looking to start playing tennis? Then beginner adult clinics are a great way to be introduced to the game. Basic stroke production is taught as players learn to get a feel for hitting basic shots and beginning to play in live ball situations. Beginner clinics can be a great way to get together with a group of friends to learn the sport. Sessions are one and a half hours in length. \$25 per 1.5 hr session

**Private Lessons:** For players looking for more individual attention and would like one-on-one training sessions. \$50 per 1 hour session

**\*\*BRISTOL RESIDENT AND GROUP RATES AVAILABLE\*\* CALL OR EMAIL FOR DETAILS**

### ADULT REGISTRATION FORM

Please Mail Registration form to the Neil Caniga, Milestone Tennis Academy, 1 Old Ferry Rd, Bristol, RI 02809

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Level of Play \_\_\_\_\_ (If unfamiliar with the NTRP ratings please go to [www.milestonetennis.com](http://www.milestonetennis.com) to see ratings)

Session of Interest: \_\_\_ Drill Session \_\_\_ Cardio Tennis \_\_\_ Beginner Clinic \_\_\_ Private

All Registrants will be contacted upon arrival of registration form

For more info contact us at [milestonetennis@gmail.com](mailto:milestonetennis@gmail.com), 401-254-5322