



701-252-3982

www.jamestownparksandrec.com

2009

## Registration Form

### What is Cardio Tennis?

Jamestown Parks and Recreation is now offering Cardio Tennis. Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in shape and to burn calories, you must try Cardio Tennis. Cardio Tennis is more fun than working out in a gym or other forms of exercise.

### Benefits of Playing Cardio Tennis

- \* Participants consistently elevate their heart rates into their aerobic training zone while wearing heart monitors.
  - \* It is much more fun than working out on a machine or other fitness activities.
- \* You get short cycles of high intensity workouts and periods of rest, almost like interval training.
  - \* It is a fun, group activity where players of all abilities enjoy tennis together.
  - \* While you are playing tennis, the focus is primarily on getting a great workout.
- \* You naturally improve your game because you hit so many balls and repeat various shots

### Location: Bolinger Tennis Courts

Cost (payable to Jamestown Parks and Recreation)

\$30 per class - Class size limited to 10 participants

Tuesdays and Thursdays, July 8 - July 31, 5:45-6:30 p.m.

Players should wear appropriate gym clothing. Bring a water bottle, sunscreen, and any other outdoor necessities. If any type of equipment is needed please let the person registering you at the Parks and Recreation office know as equipment is limited and we want to make sure we have enough for everyone. Return the registration form along with the fee to the Jamestown Parks and Recreation office at 1002 2nd Ave SE, or mail to Box 2014. Cardio Tennis is a trademark of the Tennis Industry Association. Classes may be canceled based on participation, weather and extraneous circumstances.

-----Detach Here, Return Info Below to the P&R-----

### Cardio Tennis

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Emergency Contact Info: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Special Health Needs: \_\_\_\_\_

Class (circle): 1 2      Fee Paid (circle): yes no      T-Shirt Size: \_\_\_\_\_

What is your NTRP skill level? (Circle): 1 2 3 4 5 6 7 (Don't know? Our instructors can tell you.)

I hereby certify that I am in normal health and capable of safe participation in this class. I assume all risk(s) and hazards incidental to the conduct of this program and for the transportation to and from the program. I hereby authorize the Jamestown Parks and Recreation to obtain medical treatment for me in the event the emergency contact cannot be reached. I hereby release photographs taken of me to be used in the promotion of Jamestown Parks and Recreation activities.

Signature of Participant or Parent/Guardian \_\_\_\_\_