

K2TENS CARDIO TENNIS

at Moanalua High School

The mission of K2TENS CARDIO TENNIS is to add exercise and fun to your life through tennis. What is Cardio Tennis? Cardio Tennis is a way to keep in shape and improve your tennis skills at the same time. Classes consist of a series of drills designed to improve court coverage, quickness, balance, footwork, endurance, anticipation and hitting skills and it is done to music! It's fun, social and entertaining for everyone. This is a non-instructional program and classes for all ability levels are offered.

PROGRAM:

- *Each session includes five (5) classes. Each class is one hour long.
- *Enrollment is limited to ten (10) participants per class.

DAY & TIMES:

- *Thursdays: 7:00pm

COST:

\$70.00 per person

PROGRAM POLICY:

Payments must be received prior to the start of each session. There will be NO REFUNDS once payment is received. If a class is canceled due to weather, there will be a make-up class the following week. If for some reason you can't attend, you may send a spouse, friend, teammate, etc. in your place.

For more information, call KYLE KANESHIRO AT 721-TENS (8367) or e-mail: k2tens@hawaiiantel.net

*****REGISTRATION FORM*****

Name _____

Address _____

City _____ Zip _____ Phone (H) _____ (W) _____ Cell _____

E-mail Address _____

Check Class:

7:00pm _____ COST: \$65.00 per player for 5 weeks

Make check payable to: K2TENS and mail to P.O. BOX 37815, Honolulu, Hawaii 96837