



CREVE COEUR
RACQUET CLUB

ADULT TENNIS PROGRAMS
SUMMER 2010

Clinics run June 7, 2010 through August 27, 2010

Clinics will be billed by the month

Registration forms available - ccrctennis.com 314-434-0344, fax 314-434-0304

ADULT CARDIO TENNIS: Tuesday, Thursday 7:00 am - 8:00 am

The game of tennis paired to get your heart working! This intense clinic will keep you moving and will improve the speed and accuracy of your tennis game. This clinic is not for the weak.

Full Club Member Fee \$13.00/class Indoor Member Fee \$18.00/class

COMBAT TENNIS: Monday, Wednesday, Friday 8:30 am - 10:00 am

Good cardio and instruction for competitive players. One pro per court.

Full Club Member Fee \$20.00/class Indoor Member Fee \$27.00/class

EARLYBIRDS: Saturday 7:30 am - 9:00 am

*Players must be 3.0 to 4.5 USTA. Great workout for those nine to fivers!
Fast, furious, loud. Men and women try to keep up with fun drills and lots of hitting.*

Full Club Member Fee \$20.00/class Indoor Member Fee \$27.00/class

ADVANCED PLAY POWER HITTING: (formerly High Octane) Tuesday, Thursday 9:00 am - 10:30 am

Highly competitive drills! For the 4.0 player and above.

Men & women at high level drills together to see who is the dominator.

Full Club Member Fee \$20.00/class Indoor Member Fee \$27.00/class

BEGINNER TRAINING: Monday, Wednesday 7:30 am - 8:30 am, Monday, Wednesday 5:30 pm - 6:30 pm

For first time players - learn all the basics of the game.

Hitting, drills and learning the basics of playing tennis.

Full Club Member Fee \$13.00/class Indoor Member Fee \$18.00/class

LADIES DAY DOUBLES: Wednesday 11:30 am - 1:00 pm

This will consist of round robin play with the best matched competitor.

Available to the first 12 ladies who sign up weekly.

Includes cold beverages courtside.

Full Club Member Fee - Free Indoor Member Fee \$7.00/day

FRIDAY NIGHT MIXED DOUBLES: Friday 5:30 pm - 8:00 pm

Two rounds of mixed doubles.

First 12 couples registered are guaranteed play.

Followed by a buffet and beverage.

\$15.00 per person. Price includes dinner and beverage

SATURDAY BEGINNER/INTERMEDIATE HITTING: Saturday 11:30 am - 1:00 pm

Learn how to develop the right skills to continue game skill improvement.

Full Club Member Fee - \$13.00/class Indoor Member Fee \$18.00/class



**CREVE COEUR
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**JUNIOR TENNIS PROGRAMS
SUMMER 2010**

**Clinics run June 7, 2010 through August 27, 2010
Clinics will be billed by the month.**

Registration forms available - ccrctennis.com 314-434-0344, fax 314-434-0304

LITTLE ACES

Monday - Friday 11:30 am - 12:30 pm, Saturday 9:00 am - 10:00 am

(USTA Quick Start Format):

Beginner Ages 4 - 8

 *Rookies: Children learn the basic elements of tennis with specially designed equipment and professional instruction.*

Full Club Member Fee \$13.00/class Indoor Member Fee \$15.00/class

JR DEVELOPMENTAL

Monday - Friday 11:30 am - 1:00 pm

Intermediate Ages 10 and under

(USTA Quick Start Format):

Amateurs: Children will learn proper technique for ground strokes, volleys and serves, in addition to basic body movement and footwork while learning to track and judge the movement of the ball. Continued work on the serve and basic concept of singles, doubles, and the rules of playing tennis.

Full Club Member Fee \$22.50/class Indoor Member Fee \$27.00/class

CHALLENGER: Monday - Friday 10:00 am - 11:30 am

Intermediate Ages 10 - 14

Challenger is not a beginner class but for the player who is ready to tackle the concepts of top spin, slice, spin serve, and start competing in local tennis tournaments. All encouraged to attend Match Play Friday 11:30 - 1:30 pm.

Full Club Member Fee \$22.50/class Indoor Member Fee \$27.00/class

VARSITY PREP: Monday - Friday 1:30 pm - 3:00 pm

Intermediate Ages 14 and older

Think you would like to play high school tennis? Have we got the class for you! We will cover all you need to know about singles and doubles. If you are in the 8th grade or above, our instructors will help you work in a fun, high energy class where everyone shares the same goals. All encouraged to attend Match Play Friday 11:30 - 1:30 pm

Full Club Member Fee \$22.50/class Indoor Member Fee \$27.00/class

HIGH PERFORMANCE: Monday - Friday 8:30 am - 11:30 am

Advanced Ages 13 and older

MUST OBTAIN APPROVAL FROM DIRECTOR OF TENNIS OR HP DIRECTOR AND ATTEND A MINIMUM OF 2 HIGH PERFORMANCE CLASSES PER WEEK. *All encouraged to attend Match Play Friday 11:30 - 1:30 pm.*

Classes will include training sessions, strategy, live ball & competitive play. Training session will be conducted by SMTC trainer.

Full Club Member Fee \$51.00/class Indoor Member Fee \$60.00/class

HIGH PERFORMANCE "YOUTH": Monday - Friday 1:30 pm - 3:00 pm

Advanced Ages 12 and under

MUST OBTAIN APPROVAL FROM DIRECTOR OF TENNIS OR HP DIRECTOR! *All encouraged to attend Match Play Fri. 11:30 - 1:30 pm. High Performance "Youth" is a high energy - high intensity program for the younger competitive tournament player. Our focus is to build a sound foundation for tournament play and a stepping stone to the High Performance class.*

Full Club Member Fee \$25.00/class Indoor Member Fee \$30.00/class

JR TEAM TENNIS: Tuesday, Thursday 6:00 pm - 8:00 pm (2 male, 2 female per team)

Intermediate Ages 14 and older

Includes: 1 set of men's doubles, 1 set of women's doubles, 1 set mixed doubles, Play a total of 8 games per round.

Beverages included after play.

Full Club Member Fee \$22.50/class Indoor Member Fee \$27.00/class

JR TURBO TENNIS: Monday, Wednesday 6:00 pm - 8:00 pm (2 male, 2 female per team)

Advanced Ages 8 - 14

One hour of fast paced skill drills for advanced players, followed by one hour of doubles. Played on turbo court.

Full Club Member Fee \$22.50/class Indoor Member Fee \$27.00/class

JR BEGINNER/INTERMEDIATE HITTING PRACTICE: Saturday 10:00 am - 11:30 am

For the less than advanced player. 90 minutes of hitting a lot of balls with repetitive drills.

Full Club Member Fee \$22.50/class Indoor Member Fee \$27.00/class

JR INTERCLUB: Friday 11:30 am - 1:30 pm

Focus on Strategy and Mental Toughness!

MATCHPLAY FOR HIGH PERFORMANCE, VARSITY PREP AND CHALLENGER STUDENTS.

Full Club Member Fee \$10.00/class Indoor Member Fee \$10.00/class