



**Creve Coeur
Racquet Club**
(314)-434-0344
www.ccrcennis.com

Jr. Tennis Programs Indoor Season

Sept 11, 2009 through May 20, 2010

Session 1: 9/11/09-11/12/09 (9 weeks)
Session 2: 11/13/09-1/14/10 (9weeks)
(no class 12/25/09)

Session 3: 1/15/10-3/18/10 (9 weeks)
Session 4: 3/19/10-5/20/10 (9 weeks)



Little Aces Quickstart

Ages 4-8

A fun filled class where children learn the basic elements of tennis with specially designed equipment and professional instruction.

Tuesday 4:00-5:00pm; Saturday 12:00-1:00pm

Full Club Member Fee \$117.00/session Indoor Member Fee \$135.00/session Non-Member Fee \$25.00/class

Junior Developmental

Ages 10 and under

A beginner class for Children that will teach ground strokes, volleys, and serves. The tennis pros will also work with the students on body movement and footwork.

Monday 3:30-5:00pm; Wednesday 4:00-5:30pm; Saturday 11:30am-1:00pm

Full Club Member Fee \$202.50/session Indoor Member Fee \$243.00/session Non-Member Fee \$37.00/class

Challenger

Ages 10-14

The Challenger clinic is not a beginner class. It is for children with a firm grasp on the basic concepts and techniques of the game of tennis. This clinic will teach the concepts of top spin, spin serve, slice, and will help children to start competing in local tournaments.

Tuesday 4:00-5:30pm; Friday 4:30-6:00pm

Full Club Member Fee \$202.50/session Indoor Member Fee \$243.00/session Non-Member Fee \$37.00/class

Varsity Prep

8th grade or above

Prepare for high school tennis – we will cover all you need to know about singles and doubles. Our instructors will help you work in a fun, high energy class where everyone shares the same goals.

Tuesday 4:00-5:30pm; Friday 4:30-6:00pm

Full Club Member Fee \$202.50/session Indoor Member Fee \$243.00/session Non-Member Fee \$37.00/class

Attention! We expect clinics to fill up fast. To avoid being put on a waiting list, pre-register now!

High Performance

Ages 13 and older

MUST OBTAIN APPROVAL FROM THE TENNIS DIRECTOR OR HP DIRECTOR TO PARTICIPATE IN THIS CLINIC (more information in Pro Shop)

High performance participants will find their tennis game challenged to the max. Classes will include training sessions in the SMTC facility, strategies for competitive play, and a series of live ball interactions. This class is ideal for competitive players and college bound athletes.

Monday 3:30-5:00pm; Wednesday 4:00-5:30pm; Thursday 3:30-5:00pm

Full Club Member Fee \$225.00/session Indoor Member Fee \$270.00/session Non-Member Fee \$40.00/class

High Performance Youth

Ages 8 – 12

For competitive tennis players within the age bracket who need that extra edge of challenge and conditioning for their tennis game. Players will be put into live ball situations, and have to think on their feet from a competitive angle.

High Performance Youth will be scheduled based on an evaluation of the applicants and the availability of the pro.

Friday 4:30-6:00pm

Full Club Member Fee \$225.00/session Indoor Member Fee \$270.00/session Non-Member Fee

Junior Match Play

Available to Clinic Participants

Match play is a program designed for all children participating in clinics to use what they learn during the week in a match-like situation. Kids will be put into matches of either singles or doubles, and while under pro supervision, they will conduct their own match. Kids will understand scoring, sets, matches, and points. *Sunday 12:30am-3:30pm*

Three 1.5 hour sessions - \$10.00/player /session



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One class free! Pre-register for 9 weeks and only pay for 8 weeks!

NEW! Bang and Challenge Interclub Practice - This new 90-minute clinic will help competitive players keep on their toes in match settings in between sets. 45 minutes of the clinic will be supervised match play, and the other 45 minutes will be live ball hitting exercises.

Monday 12:00-1:30pm

Full Club Member Fee \$20.00/class

Indoor Member Fee \$27.00/class

Hitting Practice - A new clinic of 90 minutes of solid hitting. With only two breaks, players will help players figure out different ways to hit the ball utilizing all areas of the court. This is not a strategy or technique clinic. **Tuesday 11:00-12:30pm**

Full Club Member Fee \$20.00/class

Indoor Member Fee \$27.00/class

Non-Member Fee \$37.00/class

Combat - A club favorite, Combat is for all ability levels. Pros will conduct challenging drills that gets players moving with ball drills and footwork positioning

Tuesday 9:30-11:00am; Wednesday 11:00am-12:30pm

Full Club Member Fee \$20.00/class

Indoor Member Fee \$27.00/class

Non-Member Fee \$37.00/class

New! Seniors Doubles Clinic- An all-new program for those who may not compete on the tour anymore, but want to keep a sharp edge in their game. Great for strategy and getting the most out of your game. First time price of only \$5.00 per person.

Wednesday 12:30-1:30pm; Friday 9:00-10:00am; FREE OPEN PLAY Friday 10:00-11:00am

All Players Fee \$5.00/class

Cardio Tennis - 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.

Tuesday 7:00-8:00am

Full Club Members Fee \$13.00/class

Indoor Member Fee \$18.00/class

Non-Member Fee \$30.00/class

Thursday 10:30am-12:00pm

Full Club Member Fee \$20.00/class

Indoor Member Fee \$27.00/class

Non-Member Fee \$37.00/class

New! Adult Jumpstart- This all-new program is for adults who are just getting started or just coming back to play after years off. Learn how to make contact and start hitting the ball where you want it. This all about ball contact and getting comfortable on the court.

Friday 9:30-11:00am

Full Club Member Fee \$15.00/class

Indoor Member Fee \$22.00/class

(Maximum of 3 classes)

Non-Member Fee \$25.00/class

Early Birds -A legend in its own time players of all shapes and sizes show up for an invigorating 90 minute wake up with fun, loud, wild drills and challenges. Space is limited for this popular program. Sign up in advance to hold a spot. **Saturday 7:30-9:00am**

Full Club Member Fee \$20.00/class

Indoor Member Fee \$27.00/class

Non-Member Fee \$37.00/class

USTA Team Play - Call the USTA now and join a team or be a sub on teams from 3.0 to open level play

Sunday 11:00am-7:00pm