

Camp For Kids

C4 Summer Jam Kids

5-12 years old

Monday – Friday 9am – 3pm

Starts June 7th

Register: Daily, Weekly, All Summer!

Program Includes:

Tennis, Volleyball, Basketball, Fitness,
Court Games, Crafts

Camp Director: Carrie Sickman

www.C4stl.com

314-434-0400



Creve Coeur Racquet Club 2010 Summer Events Program

314-434-0344
12691 Conway Road
www.ccrctennis.com

**All Programs and Camps will be listed with detail and registration information on our website:
www.ccrctennis.com**

REGISTRATION STARTS MARCH 1st

ALL PROGRAMS, CAMPS, TENNIS EVENTS, TIMES, AND DATES ARE SUBJECT TO CHANGE

Adult Programs

Adult Cardio Tennis

Tuesday, Thursday 7:00-8:00am

Combat Tennis

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

Early Birds Tennis

Saturday 7:30-9:00am

Advanced Play Power Hitting

(formerly High Octane)

Tuesday, Thursday 8:30-10:00am

Beginner Training

Monday, Wednesday 7:30-8:30am

Monday, Wednesday 5:30-6:30pm

Ladies Day Doubles

Wednesday 11:30-1:00pm

Friday Night Mixed Doubles

Friday 5:30-8:00pm

Saturday Beginner/Intermediate Hitting

Program 11:30-1:00pm

Men and Womens Interclub Times and Arrangements will be announced MAY 1st

Programs are available to ALL members

Full Club Members will have Priority Registration and Reduced rates

Junior Tennis Programs

Little Aces (Beginner Ages 4-8)

Monday – Friday 11:30-12:30pm

Jr. Developmental (Intermediate Under 10)

Monday – Friday 11:30-1:00pm

Challenger (Intermediate Ages 10-14)

Monday – Friday 10:00- 11:30am

Varsity Prep (Intermediate Ages 14-Over)

Monday – Friday 1:30-3:00pm

High Performance (Advanced Ages 13 Over)

Monday – Friday 8:30-11:30am

must obtain director's approval to be enrolled

High Performance Youth (Advanced Under 12)

Monday- Friday 1:30-3:00pm

Time subject to change based on registration and Court Availability

Junior Team Tennis (14 and Over Intermediate)

Tuesday, Thursday 6:00-8:00pm

Junior Turbo Tennis (Advanced ages 8-14)

Monday, Wednesday 6:00-8:00pm

Weekend Workouts

Little Aces – Saturday 9-10:00am

Jr. Beginner/Intermediate Hitting Practice – Saturday 10-11:30am

Junior Interclub – Fridays 11:30-1:30pm

All students who pre-register for 10 or more program days will have FREE walk-on Court privileges daily until 5:00pm. Weekends after 1:00pm

Pool and Swim Team Information

Pool Opens Sunday May 30, 2010

Pool Hours: 11am -8pm DAILY

Adult Swim

Tuesday and Friday 7-8:30am

POOL HOURS MAY BE ADJUSTED ON SATURDAY AND MONDAY EVENINGS FOR CLUB EVENTS

The Pool will close due to weather below 70°F or lightning for 2-hour safety periods

Swim Team

CCRC is in a new league competing against CAC, Seven Pines, Old Farm, Riverbend, Bridgeton, and St. Ann.

Conference will be held July 17th at Bridgeton

Home Schedule: Jun 21, July 5, July 12

Away Schedule: Jun 7(Farm), Jun 14(St. A), Jun 28 (7 Pines)

All meets: Warm Up 5:00pm; Meet Start 5:30pm
Banquet: July 19

Time Trials June 5th

10 & Under (includes 6 & Under): 9:00am
11 & Over: 10:00am

Practice Times

Team Practice Begins June 1st

June 1-July 16: 9-10:00am (11& over AND 6 & under); 10-11:00am (10 & Under)

Stroke Clinic: 11-11:30am ALL AGES (optional)

Wednesday Practice: 4:00-5:00pm (all ages – OPTIONAL)

DIVING PRACTICE REVERSE TIMES FOR AGE GROUPS