

## ADULT PROGRAMS

### **START/RESTART**

Mondays 10:30am-12pm • Thursdays 6-7:30pm  
Cost: \$115 Members, \$200 Non-members • Drop in cost: \$12/Member, \$18/Non-members • An Adult Beginner/Advanced Beginner program. One hour of instruction followed by one hour of unsupervised match play. Basic skills: ground-strokes, volleys, serve and service return will be reviewed along with more advanced skills (approach shots, over-heads and the different spins.)

### **ADULT INTERMEDIATE - 3.0 LEVEL**

Thursdays 6pm-7:30pm • Cost: \$115 Members, \$200 Non-members • Drop in cost: \$12/Member, \$18/Non-members • One hour of instruction followed by a 1/2 hour of unsupervised match play. Basic skills: ground-strokes, volleys, serve and service return will be reviewed along with more advanced skills (approach shots, overheads and the different spins). Singles and doubles positioning, movement, along with the different strategies will be covered.

### **3.5 - 4.0 WOMEN'S DOUBLES DRILL**

Tuesdays 11am-1pm • Cost: \$144 Members, \$216 Non-members • Drop in cost: \$15/Member, \$21/Non-members • Combined NTRP levels. One hour of instruction followed by one hour of unsupervised match play. Strokes that are beneficial to doubles will be emphasized along with doubles strategies. Doubles pattern work and specific situations and how to react to them will be covered. Limit 12 students.

### **3.5 WOMEN'S SINGLES DRILL AND PLAY**

Tuesdays 9am-11am • Cost: \$144 Members, \$216 Non-members • Drop in cost: \$15/Member, \$21/Non-members • One hour of instruction followed by one hour of unsupervised match play. Strokes that are beneficial to singles will be emphasized along with singles strategies. Singles pattern work and specific situations and how to react to them will be covered. Limit 6 students.

### **3.5/4.0 WOMEN'S DOUBLES DRILL AND PLAY**

Fridays 8:30am-10am • Cost: \$180 Members, \$252 Non-members • Drop in cost: \$18/Member, \$24/Non-members • One and 1/2 hours of instruction. More advanced skills, stroke techniques and shot combinations will be taught along with doubles strategy and tactics. Modern strokes and spins will be introduced along with other specialty shots.

### **3.0-3.5 MEN'S DOUBLES DRILL AND PLAY**

Mondays 6pm-8pm • Cost: \$144 Members, \$216 Non-members • Drop in cost: \$15/Member, \$21/Non-members • One hour of instruction followed by one hour of unsupervised match play. Strokes that are beneficial to singles will be emphasized along with singles strategies. Singles pattern work and specific situations and how to react to them will be covered. Limit 8 students.

### **3.5 MIXED DOUBLES LEAGUE**

Wednesdays 6pm-8pm • Two hours of mixed doubles league play. Refreshments to follow. Must be approved to participate in this league. **Starts October 21, 2020. Contact Lisa for more information.**

### **PICKLEBALL ORGANIZED PLAY**

Thursdays 9am-11am • Cost: \$12/Members, \$18 Non-members • Play in our weekly Pickleball League! Stop by the Health Club desk to sign up, or call 231-534-6770. **Starts October 1, 2020.**

### **CARDIO TENNIS**

Tuesdays & Thursdays 12pm-1pm • Cost: \$12 Members, \$18 Non-members | Saturdays 9am-10:30pm • Cost: \$18 Members, \$24 Non-members Sign-up through activities desk prior to class. Pros will find ways to keep players of all levels moving and challenged, all while having fun! You must sign-up in advance by calling the Health Club Desk at 231-534-6770. Class is limited to 8 people.

## NEW LEAGUES FOR FALL 2020

### **Weekly Doubles League**

Wednesdays 9:00-10:30am  
\$12/Member, \$18/Non-members  
Sign up weekly for a doubles league! All abilities welcome. Three rounds of doubles with play, rotating courts and partners, with the pro playing in, if needed. Sign up at the Health Club Desk or call 231-534-6770. League will be cancelled if less than three people sign up, per week.

### **League of Legends - 60+**

Thursdays 1:00-3:00pm  
\$16/Member, \$22/Non-members  
2 hour doubles league for our legend of members/ guests who are 60 years old and above. This is a co-ed league, where all abilities are welcome! Rotate with new partners each set. Pro will play in if there is an odd number of people signed up. Call the Health Club Desk to sign up weekly at 231-534-6770.

# TENNIS



THE CLUB

# ADULT & JUNIOR PROGRAMS 2020/2021

## JUNIOR TENNIS PROGRAMS

### **LEVEL 1: RED COURT TENNIS**

Mondays and/or Wednesdays 4:30pm-5:30pm • Saturdays 10:30am-11:30am • Ages 4-6 • 6 Weeks  
Members: \$72 (1 day a week), \$125 (2 days a week)  
Non-members: \$84 (1 day a week), \$150 (2 days a week) • Drop in cost: \$14/Member, \$17/Non-members • One hour of tennis followed up with pizza and swimming (optional: with adult supervision) *Shorter courts (36'), shorter racquets (23"), foam balls*

### **LEVEL 2: ORANGE COURT TENNIS**

Mondays and/or Wednesdays 4:30pm-6pm • Saturdays 10:30am-12pm • Ages 7-10 • 6 Weeks  
Members: \$96 (1 day a week), \$180 (2 days a week)  
Non-members: \$112 (1 day a week), \$200 (2 days a week) • Drop in cost: \$18/Member, \$22/Non-members • A 10 and under "Transition" ball class • One and a half hours of tennis followed up with pizza and swimming (optional: with adult supervision) *60' court, 25" racquets, 50% compression ball*

### **LEVEL 3: GREEN COURT TENNIS**

Mondays and/or Wednesdays 4:30pm-6pm • Saturdays 10:30am-12pm • Members: \$96 (1 day a week), \$180 (2 days a week) Non-members: \$112 (1 day a week), \$200 (2 days a week) • Ages 8-10 • 6 Weeks • Drop in cost: \$18/Member, \$22/Non-members • A 10 and under "Transition" ball class • Players are comfortable playing singles and doubles • Green ball using 75% compression, full court 1 1/2 hours of tennis followed up with pizza and swimming (optional: with adult supervision)

### **LEVEL 4**

Wednesdays 4:30pm-6pm & Sundays 3pm-4:30pm • Ages 8-12 (more ability based) • 6 Weeks • Members: \$96 one day and \$180 two days, Non-members: \$112 one day and \$200 two days • Drop in cost: \$18/Member, \$22/Non-members • Green and hard ball class • Class for players who have had some match play experience and understand most technical skills. Players should be striving to start playing matches a bit more competitively and start feeling comfortable with the basic singles and doubles tactics.

**\*\* SPACE IN EACH CLASS IS LIMITED. PLEASE CALL LISA AT 231-534-6786 TO SIGN-UP OR TO GET PLACED ON A WAITING LIST \*\***

### **LEVEL 5**

Tuesdays & Thursdays 5:30pm-7pm • Ages 10-14 • 6 Weeks • Members: \$96 (1 day a week), \$180 (2 days a week), Non-members: \$112 (1 day a week), \$200 (2 days a week) • Drop in cost: \$18/Member, \$22/Non-members • Junior competitive class • Players encouraged to do two days of classes. Fun days and special events. Juniors should be comfortable with the basic strokes along with basic singles and doubles strategy.

### **LEVEL 6**

Thursdays 5:30pm-7pm & Sundays 4:30pm-6pm • Ages 12-17 • 6 Weeks • Members: \$96 (1 day a week), \$180 (2 days a week), Non-members: \$112 (1 day a week), \$200 (2 days a week)  
Drop-in rate: \$18/Member, \$22 Non-members  
This class is designed for HS players, or appropriate ability level if younger, that are interested in HS tennis teams and maybe a tournament or travel match during the year (optional). Unlike the HP class (below), players are not expected to play tournaments on a regular basis and are not required to condition after class. All phases of the game will be covered including technique, tactics and strategy.

### **HIGH PERFORMANCE**

Tournament Player Class • Tuesdays & Thursdays 4pm-6pm • Ages 10-17 • (must be approved and pay for full 6 week session in advance)  
Class designed for tournament players who are serious about getting a ranking, playing HS tennis. All players MUST be approved by our Head Pro to play in this class. Tuesdays and Thursdays include conditioning. Fridays will be match play, if not playing in a tournament. Players are expected to play in tournaments and travel matches. Contact George at 231-534-6776 for more info.

***Our staff of USPTA and USPTR certified teaching professionals are ready to assist you in choosing the right class for you. From the recreational tennis player to the tournament player, our staff will design a program that will best suit your goals. Call 231-534-6776, for more information.***

## PRIVATE LESSONS

1 Hour Private Lesson/Head Pro/Asst. Pro: \$65/Member • \$75/Non-member

1 Hour Private Lesson/Staff Pro: \$55/Member • \$65/Non-member

Lesson Series (5 one hour lessons):  
Head/Asst. Pro: \$275/Member  
\$325/Non-members

Staff Pro: \$225/Member • \$275/Non-members

Semi-Private Lessons (2-4 people):  
Available by contacting Lisa Seymour at 231-534-6786.

## CUSTOM RACQUET STRINGING

We offer full service racquet stringing. Bring in your racquet and we will have it ready within 48 hours. Just drop your racquet off at the Health Club Desk, fill out the stringing tag and you are all set!

## JUNIOR TENNIS SESSION DATES

6-week Sessions

Fall 1: September 14 – October 25

Fall 2: October 26 – December 6

Winter 1: December 17 – January 31

Winter 2: February 1 – March 14

Spring 1: March 15 – May 2

Spring 2: May 3 – June 13

