



# TENNIS

**RANDOM COURT TIME** Center Court Fitness Club has 5 tennis courts. We welcome reservations up to 7 days in advance. Reservations can be made at the front desk or by calling 746-2790.

Random Tennis Court Time is based on the following court rates.

Members - \$16.00 + tax / hr.  
 Non-member - \$25.00 + tax / hr.

The per person rate is based on the number of people on the court.  
 Example: 2 members = \$8 + tax ea./hr. 2 non-members = \$12.50 + tax ea./hr.

Reduced Rate: Center Court Fitness Club members play for half price during the following times.

Monday - Friday 5:30 - 8:00 AM  
 Friday & Saturday 6:00 - 10:00 PM

## EQUIPMENT RENTAL

Tennis racquet: \$3.00 + tax

Ball Machine: Member - \$16 + tax (ct. rate)  
 and \$3 + tax ball machine rental

Non-Member - \$25 + tax (ct. rate)  
 and \$3 + tax ball machine rental

**RACQUET SERVICES** Racquet re-stringing services are available in our pro shop. We have string or you can bring your own. Either way will have your racquet back to you in a timely manner.

String type  
 Synthetic gut: \$24 + tax  
 Hybrid: \$29 + tax  
 Premiere: \$34 + tax  
 Using your own string: \$20 + tax

Racquet accessories such as grips and overgrips are also available.

**TENNIS 101** Give tennis a try. Join one of our pros for an adult introductory tennis lesson series. You will learn the basic fundamentals of tennis that will get you started play the game. The series consists of four one-hour group lessons. A minimum of three players are needed to hold the session.

Cost: \$30 + tax

Dates: Contact the service desk staff for the current schedule.

**ADULT DRILLS** This is our most popular tennis activity. A pro leads a group of players through a variety of on-court drills. Participants are grouped with players who have similar abilities. It's great fun and great exercise! If you have questions, contact one of our pros at (746-2790).

*Note: Youth age 16-17 may participate in adult drills if there is room and you have been approved to play by the tennis pros. Adults 18 & older have priority.*

	<u>Drill Prices</u>	<u>Noon Drill</u>	<u>Others</u>
	Member:	\$ 9	\$12
	Non-member:	\$14	\$18
<b>Mon.</b>	9:00 - 10:30 AM <i>10:30 AM - Noon*</i> 6:00 - 7:30 PM		<b>Thu.</b> 9:00 - 10:30 AM 6:00 - 7:30 PM
<b>Tue.</b>	9:00 - 10:30 AM Noon - 1:00 PM 6:00 - 7:30 PM		<b>Fri.</b> 10:30 - Noon
<b>Wed.</b>	9:00 - 10:30 AM <i>10:30 AM - Noon*</i> 6:00 - 7:30 PM		<b>Sat.</b> 9:00 - 10:30 AM
			<b>Sun.</b> 1:00 - 2:30 PM

*\* Drills in italics are not held during the summer.*

**CARDIO TENNIS (H.I.T. DRILLS)** Cardio Tennis allows players of different ability levels to be on the same court and get a great workout.

*Note: Youth age 16-17 may participate in adult drills if there is room and you have been approved to play by the tennis pros. Adults 18 & older have priority.*

<u>Prices</u>	<u>1 Hour</u>
Member:	\$ 9
Non-member:	\$14

\*Class times and sign-up are available at the front desk.

## TOURNAMENTS / HIGH SCHOOL & COLLEGIATE MATCHES

Sept. 29-31, 2011	ND High School Boys' State Tournament
Oct. 11	MN Girls Section 8A Team (Quarter-finals)
Oct. 14-15	MN Girls Section 8A (Team and Individual)
Oct. 21-23	Junior Legends (Fall Session)
Dec. 28-30	Junior Legends (Winter Session)
Jan. 20-22, 2012	USTA Happy Joe's Open - 14s & 18s (Championship)
Feb. 10-12	USTA Happy Joe's Open - 12s & 16s (Championship)
Feb. 17-19	University of North Dakota Invitational
Mar. 2-4	U. of Minn.-Crookston Invitational
Mar. 16-19	Junior Legends Tournament (Spring Session)
May 17-19	ND High School Girl's East Region Tournament
March 30-April 1	U. of Minn.-Crookston Duals
June 22-24	USTA Grand Forks Classic (Adult and Junior)
July 24-26	Junior Legends (Summer Session)

*Note: Miscellaneous club tournaments will be announced during the year.*

**PRIVATE LESSONS AND GROUPS** Contact one of our tennis pros to schedule a time. (746-2790)

	<u>1/2 Hour</u>		<u>1 Hour</u>		<u>1 1/2 Hour</u>		<u>2 Hour</u>	
	<u>Member</u>	<u>Non-member</u>	<u>Member</u>	<u>Non-member</u>	<u>Member</u>	<u>Non-Member</u>	<u>Member</u>	<u>Non-Member</u>
<b>Private</b>	\$27	\$32	\$45	\$54	\$64	\$77	\$80	\$96
<b>Semi-Private</b>	\$16 ea.	\$19 ea.	\$27 ea.	\$32 ea.	\$38 ea.	\$46 ea.	\$48 ea.	\$58 ea.
<b>3 Person Group</b>	\$11 ea.	\$15 ea.	\$19 ea.	\$25 ea.	\$27 ea.	\$35 ea.	\$34 ea.	\$43 ea.
<b>Group (4 or more)</b>	\$ 8 ea.	\$11 ea.	\$14 ea.	\$19 ea.	\$20 ea.	\$28 ea.	\$26 ea.	\$36 ea.

**QUICKSTART (10 & Under Tennis) & STAR TENNIS ACADEMY - Junior Lessons Program** Quickstart Tennis uses age appropriate courts sizes and equipment which leads to greater success in developing skills and learning to play. Star Tennis Academy is a level progression designed to give students a greater variety of opportunities to expand their skills. This professionally taught program will offer skill-appropriate levels for beginner to national level players. All participants will receive a program T-shirt.

**Fall Session:** Begins Sept. 6, 2011  
**Winter Session:** Begins December 5, 2011  
**Spring Session:** Begins March 5, 2012

**QUICKSTART TENNIS / Development Program**

Level One - Age 5-6: Tue. or Thu. 3:30 - 4:30 PM or Sat. 1:00 - 2:00 PM  
Level Two - Age 6-7: Tue. or Thu. 3:30 - 4:30 PM or Sat. 1:00 - 2:00 PM  
Star Academy Level One & Two - Grades (5-8): Fri. 4:00 - 5:00 PM

**QUICKSTART TENNIS / Rally Program**

Level Three - Age 8-9: M & W 4-5 PM or Sat. 2-3 PM & Wed. 4-5 PM  
Level Four - Age 9-10: M & W 4-5 PM or Sat. 2-3 PM & Wed. 4-5 PM  
Star Academy Level Three & Four - Grades (5-8): Fri. 5:00 - 6:00 PM

**STAR TENNIS ACADEMY / Competitive Program**

Level Five: Mon. & Wed. 5:00 - 6:00 PM  
Level Six: Mon. & Wed. 5:00 - 6:00 PM

**STAR TENNIS ACADEMY / Tournament Program**

Level Seven: Tue. & Thu. 4:30 - 6:00 PM  
Level Eight: Tue. & Thu. 4:30 - 6:00 PM  
Level Nine: Tue. & Thu. 7:30 - 9:00 PM  
Level Ten: Tue. & Thu. 7:30 - 9:00 PM

*Session prices are available on the Star Academy registration forms located in the literature rack at the service desk or by calling (746-2790). Contact one of our tennis pros to determine which level your child should enter.*

**TENNIS LEAGUES** Weekly singles, doubles, and random play leagues are available. Contact the tennis pros (746-2790) to determine which league is appropriate for you or to check on league openings.

**Singles & Doubles Leagues** Players are assigned a weekly schedule and should plan to play each week unless you arrange for a sub. (Check with the sports department for league dates.)

Outdoor Leagues	June 6 - August 12, 2011
Junior Team Tennis	June 5 - August 14, 2012
Indoor Leagues	Begin September 26, 2011 Begin January 9, 2012

Other leagues may be added if there is enough interest and courts are available.

**Random Play Leagues** Matches are arranged on a weekly basis, so you're not committed to attending every week.

Session Dates: September - May

Times: To be announced  
(depending on court availability)

Note: Other leagues may be added if there is enough interest and courts.

**Summer Session:** June 4, 2012

**Development Program**

Level One - Age 5-6: Tue. 1:00 - 2:00 PM  
Level Two - Age 6-7: Tue. 1:00 - 2:00 PM  
Level One & Two - Grades (6-12): Fri. 4:00 - 5:00 PM

**Rally Program**

Level Three: Mon. & Wed. 2:00 - 3:00 PM  
Level Four: Mon. & Wed. 2:00 - 3:00 PM

**Competitive Program**

Level Five: Tue. & Thu. 1:00 - 2:00 PM  
Level Six: Tue. & Thu. 2:00 - 3:00 PM

**Tournament Program**

Level Seven: Tue. & Thu. 10:30 AM - 12:00 PM  
Level Eight: Tue. & Thu. 10:30 AM - 12:00 PM  
Level Nine: Tue. & Thu. 3:30 - 5:00 PM  
Level Ten: Tue. & Thu. 3:30 - 5:00 PM

**TINY TOTS (Pre-school Program)** This class is designed to introduce tennis to pre-school children (ages 3-5). Participants will develop motor skills, hand-to-eye coordination, and basic tennis fundamentals by participating in movement drills, games, and lessons. Classes are taught by a USPTA certified tennis pro because your child deserves the best.

**SESSION DATES:** (Fall) Begins Sept. 6  
(Winter) Begins Dec. 5

**SESSION DAY/TIME:** Tuesday 10:45 - 11:30 AM  
Wednesday 3:15 - 4:00 PM (Summer only)  
Thursday 2:00 - 2:45 PM (except Summer)

*Session prices are available on the Tiny Tots registration forms located in the literature rack at the service desk or by calling (746-2790).*

**TENNIS MIXERS / SOCIALS** Tennis mixers/social are a great way to meet new players or to socialize with your fellow players. Food, fun, and prizes. Watch for information for dates, times, and registration information.

**TENNIS CAMPS** Much of the success with our junior players has come from our emphasis on stroke production. Players can expect to hit a great deal of balls and most of the practice will be done in a group drill format. Our knowledgeable and experienced staff guarantee fun and success.

**Summer dates to be announced**  
\* team camps may be arranged by  
calling Mike at 746-2790.