



# 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 - \$14.00 + tax / hr.  
Non-member - \$22.00 + tax / hr.

The per person rate is based on the number of people on the court.  
Example: 2 members = \$7 ea. / hr. 2 non-members = \$11.00 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 - \$14 + tax (ct. rate)  
and \$3 + tax ball machine rental

Non-Member - \$22 + tax (ct. rate)  
and \$3 + tax ball machine rental

**TENNIS 101** Give tennis a try. Join one of our pros for a free adult introductory tennis lesson followed by four one-hour group lessons. Register at the service desk or contact Herb or Jessy (746-2790).

Day/Time: Saturday 11:00 AM - 12:00 PM  
Cost: \$30 + tax  
Dates: Contact the front desk staff for the current schedule.

**TENNIS 201** Take your new tennis knowledge and experience to the next level with one of our tennis pros and a group of others just like you for 4 one-hour group lessons. Register at the service desk or call (746-2790).

Day/Time: Saturday 12:00 - 1:00 PM  
Cost: \$50.00 + tax  
Dates: Contact the front 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>1 Hour</u>	<u>1 1/2 Hour</u>
	Member:	\$ 8	\$11
	Non-member:	\$12	\$16
<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 6:00 - 7:00 PM (Novice)
<b>Tue.</b>	9:00 - 10:30 AM Noon - 1:00 PM 6:00 - 7:30 PM		<b>Fri.</b> 10:30 - Noon Noon - 1:00 PM
<b>Wed.</b>	9:00 - 10:30 AM <i>10:30 AM - Noon*</i> <i>Noon - 1:00 PM*</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>Drill Prices</u>	<u>1 Hour</u>
Member:	\$ 8
Non-member:	\$12

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

## TENNIS TOURNAMENTS

Oct. 8-9, 2008	MN Girls North Section 8AA
Oct. 14-15	MN Girls Section 8AA
Oct. 24-26	Junior Legends (Fall Session)
Dec. 29-31	Junior Legends (Winter Session)
Jan. 23-25, 2009	USTA Happy Joe's Open - 12 & 16 (Championship)
Feb. 6-8	USTA Happy Joe's Open - 14 & 18 (Championship)
Feb. 27-Mar.1	UND Womens' Invitational
Apr. 17-19	Junior Legends (Spring Session)
Jun. 25-28	USTA Grand Forks Classic (Adult & Juniors)
July 29-31	Junior Legends (Summer Session)

**PRIVATE, SEMI-PRIVATE, OR GROUP LESSONS** On-court instruction with one of our tennis professionals. Contact Tim, Tom, Herb, Jessy, or Jim at 746-2790 to arrange a lesson time.

	<u>1/2 Hour</u>		<u>1 Hour</u>		<u>1 1/2 Hour</u>	
	<u>Member</u>	<u>Non-member</u>	<u>Member</u>	<u>Non-member</u>	<u>Member</u>	<u>Non-Member</u>
Private	\$26.00	\$31.00	\$43.00	\$51.00	\$61.00	\$71.00
Semi-Private	\$16.00 ea.	\$19.00 ea.	\$26.00 ea.	\$33.00 ea.	\$38.00 ea.	\$47.00 ea.
Group of 3			\$19.00 ea.	\$24.00 ea.	\$29.00 ea.	\$36.00 ea.
Group of 4			\$16.00 ea.	\$21.00 ea.	\$24.00 ea.	\$29.00 ea.
Group of 5			\$14.00 ea.	\$17.00 ea.	\$20.00 ea.	\$24.00 ea.
Group of 6 or more			\$12.00 ea.	\$15.00 ea.	\$17.00 ea.	\$22.00 ea.

**STAR TENNIS ACADEMY - Junior Lessons Program** This 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 Star Academy T-shirt.

**Fall Session:** Begins September 8, 2008

**Winter Session:** Begins December 1, 2008

**Spring Session:** Begins March 2, 2009

#### Development Program

Level One: Tue. 3:30 - 4:30 PM or Sat. 1:00 - 2:00 PM

Level Two: Tue. 3:30 - 4:30 PM or Sat. 1:00 - 2:00 PM

Level One & Two: Grades (6-12) Fri. 4:00 - 5:00 PM

#### Rally Program

Level Three: M & W 4-5 PM or Sat. 2-3 PM & Wed. 4-5 PM

Level Four: M & W 4-5 PM or Sat. 2-3 PM & Wed. 4-5 PM

#### Competitive Program

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

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

#### 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 what 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.)

Men's Singles Mon. 7:30 - 9:00 PM

Adult Doubles Wed. 7:30 - 9:00 PM

Junior Team Tennis Summer 2009

Adult Team Tennis Summer 2009

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 1, 2009

#### Development Program

Level One: Mon. 1:00 - 2:00 PM or Wed. 1:00 - 2:00 PM

Level Two: Mon. 1:00 - 2:00 PM or Wed. 1:00 - 2:00 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 4-5). 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: (Winter) Begins Dec. 1

(Spring) Begins Mar. 2

SESSION DAY/TIME: Tuesday 10:45 - 11:30 AM

or Thursday 2:00 - 2:45 PM

*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.

**June 22-26 & July 12-16**

\* team camps may be arranged by  
calling Mike at 746-2790.