



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: Friday 9:00 - 10:00 AM or Saturday 12:00 - 1:00 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: TBA (See Programming book)

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.

Drill Prices	1 Hour	1 1/2 Hour
Member:	\$ 8	\$11
Non-member:	\$12	\$16

Mon.	9:00 - 10:30 AM <i>10:30 AM - Noon*</i> 6:00 - 7:30 PM	Thu.	9:00 - 10:30 AM 6:00 - 7:30 PM 6:00 - 7:00 PM (Novice)
Tue.	9:00 - 10:30 AM Noon - 1:00 PM 6:00 - 7:30 PM	Fri.	10:30 - Noon
Wed.	9:00 - 10:30 AM <i>10:30 AM - Noon*</i> 6:00 - 7:30 PM	Sat.	9:00 - 10:30 AM
		Sun.	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.*

Drill Prices	1 Hour
Member:	\$ 8
Non-member:	\$12

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

TOURNAMENTS / HIGH SCHOOL & COLLEGIATE MATCHES

Oct. 23-25	Junior Legends (Fall Session)
Dec. 29-30	Junior Legends (Winter Session)
Jan. 22-24, 2010	USTA Happy Joe's Open - 12 & 16 (Championship)
Feb. 12-14	USTA Happy Joe's Open - 14 & 18 (Championship)
Feb. 20-21	Univ. of MN -Crookston Womens' Invitational
Feb. 27	UMC vs. St. Cloud State, UND vs. St. Cloud State
Mar. 6	Gustavus vs. MSU, Gustavus vs. UND
April 30 - May 2	Great West Conference Championships
May 20-22	ND High School Girls' East Region
May 27-29	ND High School Girls' State
June 25-27	USTA Grand Forks Classic (Adult and Junior)
July 28-30	Junior Legends (Summer Session)
Oct. 12-13	MN Girls North Section 8AA
Oct. 19-20	MN Girls Section 8AA

** Miscellaneous club tournaments to be announced, during the year.*

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

	1/2 Hour		1 Hour		1 1/2 Hour	
	Member	Non-member	Member	Non-member	Member	Non-Member
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 Sept. 6, 2010
Winter Session: Begins December 6, 2009
Spring Session: Begins March 1, 2010

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

Summer Session: June 7, 2010

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

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.)

Outdoor Summer Leagues	June 1, 2010
Junior Team Tennis	June 9, 2010
Indoor Summer Leagues	Sept. 20, 2010 Jan. 18, 2011

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.

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: (Spring) Begins March 2
(Summer) Begins June 8
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.

June 20-24 & July 10-15

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