

## Meet the Tennis Staff



**Meadows Director of Tennis Adrian Games** has a wealth of teaching & playing experience. He has taught & trained all over the country (including the renowned Nick Bollettieri & Dennis Van der Meer Tennis Academies) working with many world ranked adult & junior players. He has trained adults of all levels, junior State Champions & Division I College players. Adrian is a **USPTA P-1 & PTR Professional**, the **USPTA Intermountain Past President**, **National USPTA Executive Board** member & the **2007 USPTA Intermountain Pro of the Year!**

**Meadows Club** is proud to announce **Nancy B. Cohen** as our Adult Programing Professional! Nancy, **USPTA P-1**, has enjoyed teaching in the Boulder community for over 10 years. After competing on the WTA tour, Nancy found her passion for coaching, and through her unique ability to assimilate and communicate the nuances of the game to all levels and ages, has garnered tremendous success. In addition, Nancy owns Endurance For Life, LLC, a personal/wellness coaching company, and through education and awareness, coaches players towards optimal performance.

We are happy to introduce **Tom Ewert** as our Junior Coordinator. He is a **USPTA Professional 1/PTR Instructor**. He played collegiate tennis for the nationally ranked Ferris State University Men's Tennis Team. Tom graduated from Ferris State University's Professional Tennis Management Program with a Business Marketing Degree. He has worked at several prestigious tennis clubs in the country. These include; The Stamford Yacht Club in Stamford, CT., Van der Meer Tennis Academy on Hilton Head Island, S.C., Georgetown Prep Club in Washington D.C. and Vail Racquet Club in Vail, CO. Tom is excited to be on board at Meadows Swim and Tennis Club as the new Director of Junior Tennis.

Assistant Pro's include Wes Blakeslee and additional assistant and feeder pro's will be added to the staff as well as we approach summer!

## RANDOM COURT TIME

Members can reserve court time **24 hours in advance**.

## PRIVATE LESSON RATES

Private:	½ Hour	1 Hour
Director:	\$38	\$70
Coordinators:	\$35	\$65
Assistant Pro's:	\$28	\$50

### 1 hour Group Private Lessons (price per person):

	2 & Pro	3 & Pro	4+ & Pro
Director:	\$38/ea.	\$30/ea.	\$25/ea.
Coordinators:	\$35/ea.	\$28/ea.	\$23/ea.
Asst. Pro's:	\$28/ea.	\$22/ea.	\$17/ea.

Family Group Discount 10%

## USTA/CTA LEAGUE INFO

League season will be upon us before we know it. Registration materials will be emailed to the membership via .pdf by March 7th & will be available at the Front Desk. We will also have a Meadows League Coordinator available for your assistance. Details forthcoming!

## BALL MACHINE RENTAL

Outdoor Price: \$10 per hour (includes court time)  
\$7 for half hour

Purchase a Yearly Key for \$75  
or a Lifetime Key for \$250!

## CLINIC/DRILL POLICY

Clinics require a 24 hour sign-up. Should your schedule open up last minute, feel free to see if there is availability. Although to guarantee your spot pre-register. Clinics with no sign-ups may be canceled.

Clinics with sign-ups will NOT be cancelled, regardless of the number of attendees. Prices will vary with lower numbers. One student will pay \$40 for 1 hour. Two students will pay \$25 each for one hour.

Meadows Swim  
& Tennis Club  
5555 Racquet Lane  
Boulder, Colorado 80303

To:

# Meadows Swim & Tennis Club

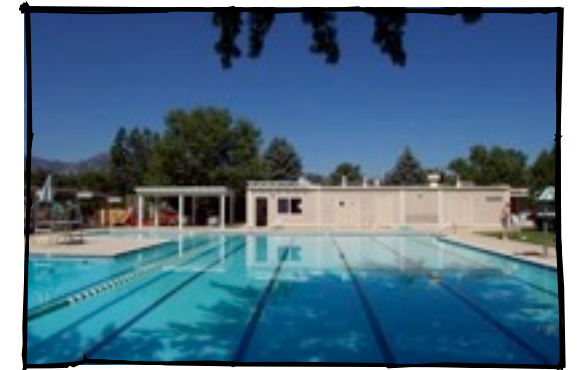
presents

## ADULT Program Schedule

# 2009

## SPRING

## Mar, Apr & May



**tennis # 303 494-0410**

**main # 303 494-5069**



# THE MEADOWS - "YOUR COMMUNITY" - SPRING

## ADULT DRILLS - 24 hr advanced registration required

Drills are for players looking for a workout session where the emphasis is placed on hitting and not instruction. You are paying for the pro's creativity in drills or games in an organized manner. Questions about technique or strategy are always welcome!

**POWER LUNCH ADULT DRILLS - days** Price \$14  
Hit a lot of tennis balls, get in shape and have FUN! Come with a towel!  
**Mon - Fri:** Noon - 1 pm Levels: All levels

**"HARDCORE" ADULT DRILLS - evenings** Price \$20  
This 1.5 hour clinic is a great workout centered around a weekly theme. Lots of running, lots of hitting, lots of fun!  
**Tue:** 6:30 - 8 pm Levels: tbd  
**Thu:** 6 - 7:30 pm Levels: tbd  
**Sun:** 4 - 5:30 pm Levels: All levels

**CARDIO TENNIS - days** Price \$14  
Sick of the treadmill? Try this non-stop Cardio class & get fit to music. It's a great way to burn calories!  
**Mon:** 11 - 12 am Levels: All levels  
**Wed & Fri:** 8 - 9 am

**STROKE OF THE WEEK - days** Price \$14  
Come join us each Friday as we review a different stroke.  
**Fri:** 11 am - Noon Levels: all levels



**MEADOWS FLEX LEAGUE**  
Meadows offers a flexible schedule singles & doubles league. Sign-up and compete in a 8 player/team round robin.

**PRIZES \* COMPETE  
MEET NEW PEOPLE  
\$20 entry**

### USTA/CTA TEAM PRACTICES

Arrange a 1.5 hour time slot with your Pro of choice. Join your teammates on a weekly basis before, during & after the season to grow your game!  
**PRICE: \$125/class**  
(price divided by # of participants)



Session: 9 hours - 6 weeks!

Returning to the game? Need a tune-up? Want your significant other to join you on the court one day?  
**Tue 10:30 am - noon or Sat 8 - 9:30 am**

**DROP-IN PRICES: Price \$20  
SESSION PRICES: Price \$90**

### OTHER FUN STUFF!

Look for "THE HIT LIST". We are creating a list of members who are interested in getting out & hitting with other members. Please provide the Front Desk with your name, level & best contact information.

**Video Analysis w/ DARTFISH:** Take a private lesson & for an extra \$15 you can get your strokes videotaped & analyzed using the state of art Dartfish software system!

### MATCH PLAY OPPORTUNITIES

Saturday Target Match Play: 11 am - 12:30 pm - \$8  
Men's Night Drill & MP: 7 - 8:30 pm Wednesday's - \$14  
Ladies Night Drill & MP: 7 - 8:30 pm Monday's - \$14  
Mixed Night: 7 - 8:30 pm Friday's - free [Drill before]

## ADULT CLINICS - 24 hr advanced registration required

Clinics are for players looking for a workout session where an instructional topic is reviewed. Topics to include footwork, stroke technique, strategies, tactics and more!

**SATURDAY SERVE CLINICS** Price \$8  
**Sat:** 9 - 9:30 am Levels: All levels

**"TARGET TENNIS" CLINIC** Price \$20  
Our most popular clinic! Learn how the 3 aspects of "Target Tennis" can improve your game. Make it a Saturday morning ritual. Serve, Target & MP.  
**Sat:** 9:30 - 11 am Levels: All levels  
Stay after for weekly Target Match Play (11am - 12:30pm) Price \$8

**MEADOWS 4.5.6 & 7.8.9 CLINICS** Price \$99/6 week session  
This next level of tennis instruction is for those looking for advanced strategy. This is similar to a Team Practice, but you sign up as an individual! Six weeks.  
**Wed 7.8.9:** 10:30 - Noon 3.5/4.0 Pkg. Price (set dates only)  
**Thu 4.5.6:** 10:30 - Noon 2.5/3.0 \$99/session

**"MIXED" CLINIC** Price \$14  
Come practice with your mixed doubles partner & stay to play after!  
**Fri:** 6 - 7 pm Levels: All levels  
Stay after and play mixed doubles with other members!

### PROGRAM EXCEL

This program is our way of getting you to reach your competitive goals! EXCEL program is geared for taking your game to the next level!

Groups will be broken down to 4 players and be assigned a 1 hour weekly time slot. Your group must be 1) the same level 2) be all doubles players, all singles players or have a willingness to do both 3) must get substitutes when they can't be there. Each class will be the same throughout the week. Therefore you know your teammates in another group will be learning the same skills as you will!

**\$25/class/player**