

Adult Tennis Programs



September 2016-May 2017

Whether you're new to tennis, looking to improving your game, or already an expert, Meadow Creek has a program for you. We have lessons, leagues, drills and social events for all levels and ages. Come get involved to stay fit, have fun and make friends

Adult MOD Drills

Meadow Creek offers "MOD" (member only drills) for adults of all levels. Drills are adult classes that you can sign up for on a week-to-week basis. **Must be a Meadow Creek member to participate in MOD drills.**

		<u>Level</u>	<u>Time</u>	<u>Cost</u>
Monday	3.5 Drill	3.5	6:00-7:30pm	\$28
Wednesday	4.0+ Drill	4.0-5.0 only	6:00-7:30 pm	\$28
Thursday	Doug's Daytime Drill	all	12:00-1:30pm	\$28
Saturday	Advanced Drill	3.5+ -5.0	8:00-9:30am	\$28
	Intermediate Drill	3.0-3.5	9:30-11:00am	\$28
Sunday	Intermediate Drill	3.0-3.5	11:00-12:30pm	\$28
	Highly Advanced Drill	4.0-5.0 only	12:30-2:00pm	\$28

Adult Drill and Play

Meadow Creek also offers "Drill & Play" for members and non-members. These classes are designed to take your game up a notch or practice for league play. Includes an hour of drills followed by an hour of supervised match play.

4.0 +	Mondays 9:00-11:00am
2.5/3.0	Wednesdays 7:30-9:00pm* (1.5 hr)
3.0/3.5	Thursdays 9:00-11:00am
3.5/4.0 +	Fridays 12:30-2:30pm
4.5+	Fridays 1:00-3:00pm
3.0	Sundays 2:00-4:00pm



Cost: \$28/members, \$36/non-members. (6-pack \$156/m, \$188/nm). *Wednesday 2.5/3.0 class costs \$22/members, \$29/non-members.

Meadow Creek offers

- 7 indoor heated tennis courts
- 3 outdoor tennis courts
- 2 social lounges, 1 with tennis viewing and 1 with a fireplace
- Fully equipped resistance training room
- Cardio Equipment room
- Massage Services
- Tennis Pro Shop
Shoes
Racquets
Bags &
Accessories

303-232-6272
www.meadowcreektennis.com

Cardio Tennis

Cardio Tennis is a group activity for adults that combines tennis with a fun, high-energy cardiovascular workout, all taking place on the tennis court. This class will get your heart rate pumping, burn calories, improve your fitness...and improve your game.

Cost: \$25/members, \$34/non-members

(Buy a 6-Series Package and SAVE! Cost: \$135/members, \$184/non-members)

Class Times: **Saturdays 11am-12:30pm ~ now 1.5 hours!**



Ladies Interclub

Ladies Interclub at Meadow Creek is 2 hours of fun, competitive doubles against other ladies from all over the Denver metro area **All players must play their published NTRP rating.**

- Sign up for 1 month at a time – no long term commitment required.
- Participants may sign up for individual dates each month. Priority will be given to those who commit to the entire month.
- Availability for the following month must be received by the **20th of the prior month.**
- Players are responsible for finding their own sub. Sub lists will be provided.
- Sign up individually or with a partner.



2.5	Fridays	11:00am-1:00pm
3.0	Fridays	9:00-11:00am, 11:00am-1:00pm and 1:00-3:00pm
3.5	Mondays	1:00-3:00pm
4.0	Tuesdays	1:00-3:00pm
4.5	Thursdays	9:00-11:00am

Cost: Members: \$16/day, Non-members: \$22/day (plus a \$30 registration fee per session)

Session 1: September-December, Session 2: January-April

Men's Day

Guys, if you enjoy fun, competitive doubles, join us on Wednesday afternoons for our popular "Men's Day". Play with different partners. Levels 4.0 -4.5. Participants will be grouped by level. Cost: \$18/members \$28/non-members.

Wednesdays 11:00am-1:00pm (begins 10/5/16)



Learn To Play

Meadow Creek offers the "Q" series of "learn to play" sessions on an ongoing basis. Perks include club membership privileges and free use of demo racquets for first-time participants.

Beginner Quickstart:	Thursdays 6:00-7:00pm or Saturdays 9:30-10:30am
Intermediate Quickstart:	Thursdays 7:00-8:00pm or Saturdays 10:30-11:30am
Advanced Quickstart:	Thursdays 8:00-9:00pm or Saturdays 11:30-12:30pm



Cost for 6-week Beginner Quickstart: \$80/members, \$108/non-members

Cost for 6-week Intermediate and Advanced Quickstart: \$93/members; \$132/non-members

Private Lessons

Meadow Creek's expert Tennis Pros can help you take your game to the next level! Private lessons offers you the opportunity to tailor your training to your specific needs. Our pros are experienced in all aspects of the game at every level. Whether you are just starting out or aiming to win your next tournament, we have you covered! Semi-private lessons with groups of 2-6 players can also be arranged. Contact the front desk to schedule a private or semi-private lesson.



In-House Leagues

We offer 3 sessions of doubles or singles leagues for men and women. Sessions are 6-8 weeks long, depending on league. Members are guaranteed participation before non-members are allowed to register. Spots for non-members will open up 2 weeks prior to the session start date. Email info@meadowcreektennis.com to sign up.

Ladies Leagues

- 3.0 Singles League : Sundays ~ 11:30am-1:00pm
- 3.0 "Doubles Trouble": Thursdays ~ 8:00-10:00pm
- 3.5 Singles League: Wednesdays ~ 1:00-2:30pm
- 3.5/4.0 Singles League Sundays ~ 10:00-11:30am
- 3.5+ "Doubles Trouble": Fridays ~ 6:30-8:30pm
- 4.5+ "Doubles Trouble": Sundays ~ 3:30-5:30pm

Men's Leagues

- 3.5 Singles League: Wednesdays ~ 8:00-9:30pm
- 4.0 Singles League: Tuesdays ~ 8:00-9:30pm
- 5.0 Men's "BIG DOGS" Doubles League: Mondays ~ 8:00-10:00pm

Mixed Leagues

- 6.0/6.5 Mixed: Sundays ~ 1:00-3:00pm
- 7.0/7.5 Mixed: Sundays ~ 3:30-5:30pm

*See our
In-House
league
flyer for
session
dates and
prices.*

Senior Breakfast League

Early morning co-ed doubles for seniors ages 55 and over. Enjoy an hour and a half of fun & competitive doubles with men & women from all over the city. Two 16-week sessions will be offered. Session 1: Sept 6-Dec 20, Session 2: Jan 3-Apr 18

- 3.0-3.5 level ~ Tuesdays 7:30-9:00am**
- 2.5-3.0 level ~ Wednesdays 7:30-9:00am**

Cost (per 16 week session): \$148/MC members; \$168/non-members



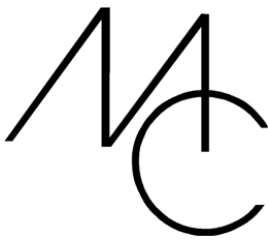
SilverBeards

For many years now, the Silver Beards have graced Meadow Creek with their warm, friendly attitude and regular tennis play. The Silver Beards group of Senior men play on Friday mornings and would love to hear from you if you are interested in joining them. Please contact Jon McKenzie if you are interested in playing or know someone else who would be a good fit. You can reach **Jon at 303-979-7966** or email him at McKLock@aol.com.

Permanent Court Time (PCT)

Meadow Creek offers the convenience of Permanent Court Time (PCT) blocks. Permanent Court Time is a program where members may purchase indoor court time for an entire season. The cost of each particular block of time is divided among the players. Contact Margaret Nuccio at ext 17 for more information.





September 2016-May 2017

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Lakewood, CO 80214

Phone: 303-232-6272

Fax: 303-232-0150

E-mail: info@meadowcreektennis.com

www.meadowcreektennis.com



Tennis Super Drills & Socials

Our legendary Super Drill Socials include a fun night filled with energizing drills, games and prizes! Enjoy light appetizers & beverages upstairs afterwards! Members and non-members of all levels are welcome. Sign up in advance.

US Open Super Drill	Saturday, Sept. 10th	5:00-8:00pm
Pilgrim Super Drill	Wednesday, Nov. 23rd	6:00-9:00pm
Reindeer Games Super Drill	Wednesday, Dec. 14th	6:00-9:00pm

Cost: \$30/members, \$36/non-members ~ includes 2 hours of tennis drills with a MC pro, followed by a social gathering with refreshments, prizes and open play.

Club Championships

It's a member weekend event! Members & employees play for singles & doubles titles at every level, as well as combined-level mixed doubles 6.0, 7.0, 8.0 & 9.0. The weekend will be filled with tennis, food, prizes and lots of FUN! Mark your calendars and get ready to spend the weekend with us! Cost: \$22/singles; \$15/person-doubles

Saturday & Sunday ~ January 28-29, 2017



Court Fees

Court Reservations: Tennis courts, ball machines and drill times may be reserved by calling the Front Desk at 303.232-6272.

Court Fees: Outdoor court time is always free of charge for members. Members may reserve indoor or outdoor courts up to one week in advance. Indoor courts are free of charge June-August.

~ Indoor season (September—May) court fee: **\$33/hour** for prime time (Mon - Fri 9am-9pm & all day Sat & Sun),
\$28/hour for non-prime time (Mon- Fri 6am-9am and 9pm-11pm)

~ Ball machine: May be added to court reservations at no additional charge.

Guest Fees: Guests are charged a daily guest fee of **\$16.50** per adult and **\$13.50** per child under the age of 18. Court fees for guest not accompanied by a member are an additional \$5.00 per hour above member rates. Guests may add the ball machine to a court reservation at an additional cost of \$5.00 per hour.