

# ADULT TENNIS PROGRAMS

SEPTEMBER 2024 – MAY 2025

MEADOW CREEK TENNIS & FITNESS CLUB

## MOD DRILLS: COED

We offer “MOD” (Member Only Drills) for adults of all levels. MOD’s 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. All players must play at their published USTA rating.**

<b>Monday</b>	Intermediate Drill	3.0-4.0	6:30pm-8pm	\$35 member
<b>Tuesday</b>	Daytime Drill	2.5-3.5	12pm-1:30pm	\$35 member
<b>Tuesday</b>	Intermediate Drill	2.5-3.5	6:30pm-8pm	\$35 member
<b>Wednesday</b>	Highly Advanced Drill	4.0 and up	6pm-7:30 pm	\$35 member
<b>Thursday</b>	Daytime Drill	3.5 and up	12pm-1:30pm	\$35 member
<b>Saturday</b>	Advanced Drill	3.5 and up	8am-9:30am	\$35 member
	Intermediate Drill	3.0-3.5	9:30am-11am	\$35 member
<b>Sunday</b>	Intermediate Drill	3.0-3.5	9am-10:30am	\$35 member
	Highly Advanced Drill	4.0 and up	10:30am-12pm	\$35 member

## DRILL & PLAY: COED

Meadow Creek’s Drill & Play’s are open to Members and Non-Members. These classes are designed to take your game up a notch or practice for league play. The first half of the class is a drill and the second half is supervised match play.

**All players must play at their published USTA rating.**

<b>Monday</b>	Drill & Play	3.5-4.0	9am-11am	\$35 member   \$45 non-member
<b>Wednesday</b>	Drill & Play	2.5-3.0	7:30pm-9:30pm	\$35 member   \$45 non-member
<b>Thursday</b>	Drill & Play	3.0-3.5	9am-11am	\$35 member   \$45 non-member
<b>Friday</b>	Drill & Play	3.0-3.5	1pm-3pm	\$35 member   \$45 non-member
<b>Friday</b>	Drill & Play	4.0 and up	1pm-3pm	\$35 member   \$45 non-member

*NOTE: Non-Members can register for Drill & Plays 2 days in advance*

## SERVE & RETURN: COED

Introducing our new Serve & Return clinic! This clinic will focus on the fundamentals of both the serve and the return, helping you sharpen your skills and elevate your game. You’ll learn different types of serves including slice, spin and kick serves, and how to return effectively to set up points in both doubles and singles situations. For an all-around evening of thorough tennis, bundle this clinic with our MOD! **All players must play at their published USTA rating.**

<b>Monday</b>	Serve & Return	3.5 and up	5:30pm-6:30pm	\$24 member   \$34 non-member
<b>Tuesday</b>	Serve & Return	3.5 and below	5:30pm-6:30pm	\$24 member   \$34 non-member

*NOTE: Non-Members can register for Serve & Return 2 days in advance*

## LADIES DAYTIME DOUBLES

Ladies Daytime Doubles at Meadow Creek is 2 hours of fun, competitive doubles against other ladies from all over the Denver metro area. **All players must play at their published USTA 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 members and 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.
- Email Jaime Stokes at [jstokes@meadowcreektennis.com](mailto:jstokes@meadowcreektennis.com) to register.



Ladies Daytime Doubles registration forms can be found on our website: [MeadowCreekTennis.com](http://MeadowCreekTennis.com) under the "Ladies Tennis" tab  
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 Registration is monthly

<b>Wednesday</b>	2.5	1pm-3pm
<b>Friday</b>	3.0	9am-11am and 11am-1pm
<b>Monday</b>	3.5	1pm-3pm
<b>Tuesday</b>	4.0	1pm-3pm
<b>Thursday</b>	4.5	10am-12pm

\$24 day member | \$34 day non-member

## CARDIO TENNIS: COED

Cardio Tennis is a high-energy workout on the tennis court. This class will get your heart rate pumping and burn calories all while improving your game and fitness. **All players must play at their published USTA rating.**

<b>Friday</b>	Cardio Tennis	3.5+	8am-9am	\$20 member   \$30 non-member
<b>Saturday</b>	Cardio Tennis	2.5-3.5	11am-12pm	\$20 member   \$30 non-member
<b>Saturday</b>	Cardio Tennis	3.5+	12pm-1pm	\$20 member   \$30 non-member

*NOTE: Non-Members can register for Cardio Tennis 2 days in advance*

## MEN'S DAY

Guys, do you enjoy fun, competitive doubles? If so, join us on Wednesday afternoons for our popular "Men's Day". Play with different partners. Levels 3.5-4.0. Participants will be grouped by level. Registration is weekly. Men's Day will begin on October 2.

**Wednesday** Men's Day 3.5-4.0 11am-1pm \$24 member | \$34 non-member

## SUNRISE LEAGUE: COED

Calling all players ages 50 and over! This coed league is for players from level 2.5-3.5. Enjoy 1.5 hours of fun and competitive doubles with men and women from all over the city. Two 15-week sessions will be offered.

<b>Tuesday</b>	Session 1	8am-9:30am	September 10 - December 17
<b>Tuesday</b>	Session 2	8am-9:30am	January 7 - April 15

\$225 member | \$375 non-member (per 15 week session - shared spots available)



## IN-HOUSE LEAGUES

Ladies Night, Men’s Night, and Big Dogs are doubles with a winners move up, losers move down format. Partners rotate every set giving you the chance to play with like-level players each night while you accumulate individual points. This dynamic format is what makes tennis so exciting! Get ready for some competitive fun and join our In-House Leagues. Can’t play every night during a session? Shared spots are available. Two 12-week sessions: October thru December and January thru March. Email Jaime Stokes at [jstokes@meadowcreektennis.com](mailto:jstokes@meadowcreektennis.com) to register for any leagues.

<b>Ladies Night: Thursday</b>	Doubles	3.0, 3.5, 4.0, 4.5	8pm-10pm
<b>Men’s Night: Tuesday</b>	Doubles	3.0, 3.5, 4.0	8pm-10pm
<b>Big Dogs: Monday</b>	Doubles	4.5+	8pm-10pm

**See our In-House League Flyer for more details, session dates, and pricing**

### Sunday Singles Ladder: Coed

Same format as the Doubles leagues, but just for you singles players! 1.5 hours allocated per match with matches starting at 5pm or 6:30pm. Our Racquets Directors will determine initial placement of players prior to the start of each session.

<b>Sunday</b>	Singles	3.0, 3.5, 4.0, 4.5	5pm-6:30pm and 6:30pm-8pm
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## DOUBLES MIXERS: COED

### Friday Night Mixers

Looking for some fun mixed doubles play? On select Fridays, we’re offering just that! Grab a partner (or we’ll pair you up) for some at-level matches. This is a great opportunity to practice mixed doubles with your league partner or simply enjoy some friendly competition. Registration is weekly; specific dates will be published soon.

<b>Friday</b>	Doubles	6.0 combined	7pm-9pm
<b>Friday</b>	Doubles	7.0 combined	7pm-9pm
<b>Friday</b>	Doubles	8.0 combined	7pm-9pm

\$24 member | \$34 non-member

## LEARN TO PLAY TENNIS: COED

Meadow Creek offers a learn to play program called **QuickStart**. Tiered into two skill levels, QuickStart is for the beginning tennis player, aged 16 and up. 60-minute classes with no more than 6 players per instructor. A new session starts every 6 weeks. Court shoes required; demo racquets available if you don’t have your own.

<b>QuickStart 1</b>	Thursday	6pm-7pm	or	Saturday	1:30pm-2:30pm
<b>QuickStart 2</b>	Thursday	7pm-8pm	or	Saturday	2:30pm-3:30pm

**QuickStart 1 or 2 (price for entire 6-week class)** \$144 member | \$144 non-member



Meadow Creek’s expert Tennis Pros can help you take your game to the next level! Private lessons offer 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 2-8 players can also be arranged. Call **303.232.6272** to schedule your lesson.



## PERMANENT COURT TIME

We offer Permanent Court Time (PCT) blocks year round. Sessions run from September thru April, and May thru August. PCT is your opportunity to “own” the same court, at the same time, year-over-year. Whether you are looking to solidify a regular playing schedule with friends, or ensure consistent practice time, PCT is an excellent choice. Please email Jody Dart at [jdart@meadowcreektennis.com](mailto:jdart@meadowcreektennis.com) for additional information.

## SUPER DRILLS

Our popular Super Drills are fun filled with energizing drills, games and prizes! 2 hours of tennis drills followed by 1 hour of open-play and socializing. Levels 3.0 and above welcome. 24-hour cancellation period.

<b>Pilgrim Super Drill</b>	Wednesday	November 27, 2024	6pm-8pm
<b>Reindeer Games Super Drill</b>	Wednesday	December 18, 2024	6pm-8pm
<b>US Open Super Drill</b>	Saturday	September 6, 2025	5pm-7pm
<b>French Open Super Drill</b>	Saturday	May 31, 2025	5pm-7pm
<b>Wimbledon Super Drill</b>	Friday	July 4, 2025	9am-11am

## CLUB CHAMPIONSHIP

***It’s a Member Only 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 and lots of FUN! Mark your calendars and get ready to spend the weekend with your Meadow Creek family.

**Club Championship Tournament**      Saturday & Sunday      November 16-17, 2024

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