

# Adult Tennis Programs



September 2018-May 2019

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>
<b>Monday</b>	Intermediate Drill	3.5	6:00-7:30pm	\$28
<b>Tuesday</b>	Intermediate Drill	3.0	6:00-7:30pm	\$28
<b>Wednesday</b>	4.0+ Drill	4.0-5.0 only	6:00-7:30 pm	\$28
<b>Thursday</b>	Daytime Drill	all	12:00-1:30pm	\$28
<b>Saturday</b>	Advanced Drill	3.5+ -5.0	8:00-9:30am	\$28
	Intermediate Drill	3.0-3.5	10:30-12:00pm	\$28
<b>Sunday</b>	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. See monthly calendar for begin/end dates.



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

Cost: \$28/members, \$36/non-members. (6-pack \$151/m, \$194/nm)

\*Wednesday evening class: \$22/members, \$29/non-members (6-pack \$119/m, \$157/nm)



## 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: \$18.50/members, \$24/non-members (Buy a 6-Series Package and SAVE! Cost: \$99.90 members, \$129.60/non-members)

## Meadow Creek offers

- 7 indoor heated tennis courts
- 3 outdoor tennis courts
- Paddle Tennis & Pickleball courts
- 2 social lounges
- Fully equipped resistance training room
- Cardio Equipment room
- Massage Services
- Tennis Pro Shop  
Shoes  
Racquets  
Bags &  
Accessories

303-232-6272  
www.meadowcreektennis.com

facebook

## 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 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.



2.5	Fridays	11:00am-1:00pm
3.0	Fridays	9:00-11:00am, 11:00am-1:00pm
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 non-member registration fee per session)**

Session 1: September-December, Session 2: January-April. Registration forms can be found on our website.

## 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 3.5-4.0. Participants will be grouped by level. Cost: \$20/members \$28/non-members.

**Wednesdays 11:00am-1:00pm**



## 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.

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

**Cost: Any 6-week Quickstart Series: \$108/Member, \$248/Non-Member\***

*\* First time participants receive an introductory special and may take up to two sessions at Member rates*

OFFICIAL SITE



## 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 2-8 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 [rlacjak@meadowcreektennis.com](mailto:rlacjak@meadowcreektennis.com) to get registered.

### Ladies Leagues

- 2.5 Singles League: Mondays ~ 11:00am-12:30pm
- 2.5 Singles Flex League: Fridays ~ 6:30-8:00pm
- 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
- 3.5/4.0 Doubles Trouble: Fridays ~ 6:30-8:30pm
- 4.5 Singles League: Wednesdays ~ 9:00-10:30am
- 4.5+ Singles League: Sundays ~ 2:30-4:00pm

### Men's Leagues

- 3.0 Doubles League: Thursdays ~ 8:00-10:00pm
- 3.5 Singles League: Wednesdays ~ 8:00-9:30pm
- 3.5/4.0 Doubles League: Fridays ~ 6:30-8:30pm
- 4.0 Singles League: Tuesdays ~ 8:00-9:30pm
- 4.0 Singles League: Sundays ~ 1:00-2:30pm
- 4.5+ Singles League: Sundays ~ 5:00-6:30pm
- 5.0 Men's BIG DOGS Doubles League: Mondays ~ 8:00-10:00pm

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

## Senior Breakfast League

Early morning coed doubles for Seniors ages 55 and over. Enjoy an hour and a half of fun and competitive doubles with men and women from all over the city. Two 15-week sessions will be offered.

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

Cost (per 15 week session): \$139/MC members; \$158/non-members



## Pickleball

Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Drop-ins welcome!

Cost: Free/Members \$6/Guests \$5 SilverSneakers

**Tuesdays 10am-1pm**

**Wednesdays 7am-10am**

**Sundays 5pm-8pm**



*Pickleball lessons are available  
Email [info@meadowcreektennis.com](mailto:info@meadowcreektennis.com)  
or Graham Mustoe at  
[gmustoe@gmail.com](mailto:gmustoe@gmail.com)*

## Paddle Tennis

Paddle/Platform tennis is a great game to play in all temperatures, especially with the low bounce ball. Both balls and demo paddles are available at the front desk. You can also use the platform tennis courts to play pickleball (demos available). Check our website [www.MeadowCreekTennis.com](http://www.MeadowCreekTennis.com) for more information on our organized leagues and clinics. To get on the informational distribution list please contact us at: [paddle@meadowcreektennis.com](mailto:paddle@meadowcreektennis.com)





September 2018-May 2019

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Fax: 303-232-0150

E-mail: info@meadowcreektennis.com

**www.meadowcreektennis.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.

## Tennis Super Drills & Socials

Our legendary Super Drill Socials include a fun night filled with energizing drills, games and prizes! Enjoy light appetizers & beverages afterwards. Members and Non-Members **3.0 and above** are welcome. 2 hours of tennis drills with your Meadow Creek Pros, followed by 1 hour of open-play/social hour.

**US Open Super Drill** Saturday, September 8th 5:00-8:00pm

**Pilgrim Super Drill** Wednesday, November 21st 6:00-9:00pm

**Reindeer Games Super Drill** Wednesday, December 19th 6:00-9:00pm

Cost: \$30/members, \$38/non-members

Our Socials are the time to just play and have fun! These events are potluck. 2 hours court time.

**Halloween Social** Friday, October 26th 6:30-9:00pm

**Family Night Social** Friday, January 25th 6:30-9:00pm

**Valentine Social** Friday, February 15th 6:30-9:00pm

Cost: \$18/members, \$22/non-members

## Club Championships & Member Appreciation Weekend

**It's a Member Only Weekend Event!** Members & Employees play for Singles & Doubles titles at every level including our new Junior Open Singles division, 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 your Meadow Creek family!

**Saturday & Sunday - February 9-10**

Cost: \$22/singles, \$15/person for doubles



## 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 for Members June thru August.

**Indoor Season (September - May) Court Fee:**

**\$34/hour** for Prime time (Monday - Friday 9am-9pm & all day Saturday & Sunday)

**\$28/hour** for Non-Prime time (Monday - Friday 6am-9am and 9pm-close)

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

**Guest Fees:** Guests are charged a daily Guest Fee of **\$18.00** per adult and **\$14.00** per child under the age of 18. Court fees for guests not accompanied by a Member are an additional \$5.00/hour above Member rates.