



GET A GRIP

[December 2024]

HIGHLIGHTS

- 1 Reindeer Games
- 2 Junior Tournaments
- 3 New Year's Day Tennis
- 4 Pickle & Platform

SAVE THE DATES

- 12.13 7.0 Friday Mixer
- 12.16 First HIIT and Yoga Group Class
- 12.18 Reindeer Games Super Drill
- 12.18 First Strength Group Class
- 12.21 Jr Orange Ball Tournament
- 12.24 Club Closes at 3pm
- 12.31 Club Closes at 3pm
- 01.01 Club Open 10am-5pm
- 01.01 12pm Cardio
- 01.01 1pm New Year Mixer
- 01.04 Jr Green Ball Compass Tourney
- 01.06 Jr Session 4 Starts
- 01.12 Girls' High School Bootcamp Begins

1 The Most Festive Super Drill!



WEDNESDAY, DECEMBER 18



Everyone is welcome to play in our Reindeer Games!*

**Level 3.0 and above please - 24 hour cancellation period*

Drill 6pm-8pm ❄️ Social 8pm-9pm ❄️ Open Play 8pm-9pm

Includes 2 Hours of Drills, Snacks and Beverages

Call **303.232.6272** to register

\$40/members \$50/non-members

2 Upcoming Junior Tournaments



**SATURDAY, DECEMBER 21
2PM-5PM**

No prior tournament experience? No problem! This round-robin format is perfect for keeping the kids engaged with a modified match structure designed for fun and learning.
Orange Ball players only.

Registration deadline: December 17

\$35/members; \$45/non-members

Email jstokes@meadowcreektennis.com
or call 303.232.6272 to register

KIDS GREEN BALL COMPASS TOURNAMENT



Saturday, January 4 • 3:30PM-6:30PM

Join us for an exciting afternoon of competitive tennis! Exclusively for **Green Ball** players, this compass tournament is packed into a fun-filled 3-hour session.

Registration deadline: December 30

\$35/members; \$45/non-members

Email jstokes@meadowcreektennis.com
or call 303.232.6272 to register



NEW Group Fitness Classes Begin December 16!

HIIT

High-Intensity Interval Training (HIIT) workouts are very intense, and the rest periods are done using strict intervals.

Monday: 6:15am-7am

Saturday: 9:30am-10:15am

3rd Floor

\$18/members; \$28/non-members

YOGA

Yoga is a mind and body practice that combines physical postures, breathing exercise, and relaxation principles.

Monday: 7pm-8pm

Tuesday: 6:15am-7:15am

Thursday: 6:15am-7:15am

Sunday: 4pm-5pm

3rd Floor

\$20/members; \$30/non-members

STRENGTH

Experience high-intensity full-body workouts that target the major muscle groups of the upper and lower body

Wednesday: 7am-8am

Saturday: 8am-9am

Fitness Center

\$26/members; \$36/non-members

Classes are managed by the expert staff at **THE GYM**. Classes are open to participants ages 15 and over. Members can book classes online up to 7-days in advance. Non-members can call **303.232.6272** 2-days in advance.

3 New Year's Day Tennis



NEW YEAR'S DAY TENNIS at Meadow Creek

HOURS:
10AM-5PM
Courts open for private booking or join us for Cardio or the Mixer!

CARDIO TENNIS

Kick-start your New Year's resolution with some on-court Cardio! Get that heart pumping and have fun doing it.

- ◆ 12PM-1PM
- ◆ Open to All Levels
- ◆ \$20/members; \$30/non-members

NEW YEAR'S DAY MIXER

Begin your new year with old friends and new, in fun rotational doubles play. Sign up solo or with a partner.

- ◆ 1PM-3PM
- ◆ Open to All Levels
- ◆ \$25/members; \$35/non-members



Our annual Club Championship weekend took place on November 15-17, and it's hard to believe, but this year was even bigger and better than ever! A heartfelt thank you to all who participated in what truly was the best weekend of tennis in 2024. Congratulations to all the members who will now have their names forever etched on our "Wall of Fame"!

Check our website to see all the amazing pictures from the weekend of the year!



- 3.0 Men's Singles - *John Hartney*
- 3.5 Men's Singles - *Austin Scott*
- 4.0 Men's Singles - *Bryan Racz*
- 4.5+ Men's Singles - *Jason Alexander*
- 3.0 Men's Doubles - *David Atkinson & Henry Limitone*
- 3.5 Men's Doubles - *Tim Lennek & Claude Murray*
- 4.0 Men's Doubles - *John Clements & Chris Duncan*
- 4.5+ Men's Doubles - *Milo Fischer & Stanley Roffe*
- 3.0 Women's Singles - *Deirdre Brigham*
- 4.0 Women's Singles - *Dori Webb*
- 2.5 Women's Doubles - *Paige Doherty & Lorrie Johnson*
- 3.0 Women's Doubles - *Amanda Wellman & Amy Young*
- 3.5 Women's Doubles - *Doreen Evans & Palmira Miner*
- 4.0 Women's Doubles - *Shannon Mooney & Ashley Phoenix*
- 4.5+ Women's Doubles - *Dori Webb & Mandy Wootton*
- 6.0 Mixed Doubles - *Michelle Dolin & David Atkinson*
- 7.0 Mixed Doubles - *Kylie Sumpter & Austin Scott*
- 8.0 Mixed Doubles - *Denise Belk & Jeremy Kossler*
- 9.0+ Mixed Doubles - *Nicole Hemmer and Stanley Roffe*

Girls' High School Tryouts Begin on February 24: Be Ready on Day One!

Our **6-week** Tennis Bootcamp exclusively for Girls' High School players. Hit the ground running to make sure you have the edge on the court! Our unique teaching approach provides you with results you can see, feel, and begin using right away so you may perform at the top of your game when it matters.



January 12 - February 16 ••• Sunday 2pm-4pm

\$288/members; \$318/non-members

4 Pickle and Platform



BOOK A PRIVATE PICKLEBALL PARTY!

Looking for the perfect venue to host your next celebration or event?

Our two dedicated indoor pickleball courts offer a spacious area exclusively for you and your guests. Bring your own food and alcohol to help make it an unforgettable experience.

Email pickle@meadowcreektennis.com for available dates and pricing.

Junior Session 4 will kick off on January 6th and run for 8 weeks. Space is filling up quickly! Members can register now; non-members can call December 23rd.

JUNIOR TENNIS

FRIDAY NIGHT MIXERS
6.0 | 7.0 | 8.0

Grab a partner (or we will pair you) for some fun, competitive, at-level matches. No better way to spend a Friday night!

7PM-9PM

6.0 > January 10

7.0 > December 13, January 19

8.0 > December 20, January 24

To register, email Jaime at jstokes@meadowcreektennis.com

PLATFORM TENNIS



Want to Play Platform Tennis?

Also known as paddle, this sport is mostly played from September through April.

Looking for more details on leagues, drills, open play, game arranging, socials, or obtaining access to a player directory?

Email paddle@meadowcreektennis.com.

Winter League

The most popular session of the winter league starts the week of January 6. The league runs on Monday through Thursday evenings from January through March.

VOLLEY TRAINER - BALL MACHINE

Come check out our new ball machine with artificial intelligence! This ball machine is for ALL LEVELS from beginner to advanced.

Email paddle@meadowcreektennis.com to schedule an app training session with the staff before your 1st machine booking.

The use of the machine is included with the court fee;

Monday-Thursday • \$16/hour

Friday-Sunday • \$24/hour



MEADOW CREEK TENNIS & FITNESS CLUB

6305 West 6th Avenue, Lakewood, CO 80214 • 303.232.6272
MeadowCreekTennis.com • info@meadowcreektennis.com

7 Indoor Tennis Courts • 2 Indoor Pickleball Courts
2 Outdoor Platform Tennis Courts • Fitness Center • Cardio Tennis
Adult & Junior Programs Year Round • Non-Members Welcome

