

# ADULT TENNIS PROGRAMS

SEPTEMBER 2022 – MAY 2023

MEADOW CREEK TENNIS & FITNESS CLUB

## ADULT MOD DRILLS

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	6pm-7:30pm	\$30
<b>Tuesday</b>	Daytime Drill	2.5-3.5	12pm-1:30pm	\$30
<b>Tuesday</b>	Intermediate Drill	2.5-3.5	6pm-7:30pm	\$30
<b>Wednesday</b>	Highly Advanced Drill	4.0 and up	6pm-7:30 pm	\$30
<b>Thursday</b>	Daytime Drill	3.5 and up	12pm-1:30pm	\$30
<b>Saturday</b>	Advanced Drill	3.5 and up	8am-9:30am	\$30
	Intermediate Drill	3.0-3.5	9:30am-11am	\$30
<b>Sunday</b>	Intermediate Drill	3.0-3.5	11am-12:30pm	\$30
	Highly Advanced Drill	4.0 and up	12:30pm-2pm	\$30

## ADULT DRILL & PLAY

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	\$30 member   \$38 non-member
<b>Wednesday</b>	Drill & Play	2.5-3.0	7:30pm-9pm (1.5 hr)	\$24 member   \$31 non-member
<b>Thursday</b>	Drill & Play	3.0-3.5	9am-11am	\$30 member   \$38 non-member
<b>Friday</b>	Drill & Play	3.0-3.5	1pm-3pm	\$30 member   \$38 non-member
<b>Friday</b>	Drill & Play	4.0 and up	1pm-3pm	\$30 member   \$38 non-member

2 hour class 6-pack pricing: \$162 members | \$205.20 non-members

1.5 hour class 6-pack pricing: \$129.60 members | \$167.40 non-members

*NOTE: Non-Members can register for D&P’s 48-hours in advance*

## CARDIO TENNIS



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. **Space is limited, advance registration is recommended.**

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

<b>Saturday</b>	Cardio Tennis	2.5-3.5	11am-12pm	\$20 member   \$26 non-member
<b>Saturday</b>	Cardio Tennis	3.5+	12pm-1pm	\$20 member   \$26 non-member

Buy a 6-Series Package and SAVE! \$108 members | \$140.40 non-members

*Note: Non-Members can register for Cardio classes 48-hours in advance*



## 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 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 rlacjak@meadowcreektennis.com to register.

<b>Friday</b>	2.5	11am-1pm
<b>Friday</b>	3.0	2 times: 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

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

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**Session 1:**  
September - December

**Session 2:**  
January - April

\$16 day members | \$22 day non-member (plus a \$30 registration fee per Session)

## 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.

**Wednesday** 11am-1pm \$20 day members | \$28 day non-members

## LEARN TO PLAY TENNIS

Meadow Creek offers our Q-series of "Learn to Play" sessions that start every 6 weeks. Perks include Club membership privileges and free use of demo racquets for first-time participants.

<b>QuickStart 1</b>	Thursday	6pm-7pm	or	Saturday	11am-12pm
<b>QuickStart 2</b>	Thursday	7pm-8pm	or	Saturday	12pm-1pm
<b>QuickStart 3</b>	Thursday	8pm-9pm	or	Saturday	1pm-2pm

**Any 6-week QuickStart Class:** \$108 members | \$108 non-members\*

\* Non-members receive member pricing for their first two QS Sessions, the price then increases to \$248 for any additional Sessions.



## SUNRISE LEAGUE

Calling all players ages 50 and over! This co-ed league is for players from level 2.5-3.5. 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.

<b>Tuesday</b>	Session 1	8am-9:30am	September 13 - December 20
<b>Tuesday</b>	Session 2	8am-9:30am	January 3 - April 11

\$139 members | \$158 non-members (per 15 week session - shared spots available)



## IN-HOUSE LEAGUES

We offer 4 sessions of singles or doubles leagues for both men and women from October thru February. Sessions are anywhere from 3-7 weeks long. 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 register for any leagues.

### Ladies Leagues

<b>Monday</b>	Singles	2.5	11am-12:30pm
<b>Friday</b>	Mixed Doubles	3.5-4.0	6pm-8pm
<b>Sunday</b>	Singles	4.0	9:30am-11am
<b>Sunday</b>	Singles	3.0	11am-12:30pm
<b>Sunday</b>	Singles	3.5	12:30pm-2pm
<b>Sunday</b>	Singles	4.5+	2pm-3:30pm

### Men's Leagues

<b>Monday</b>	"Big Dogs" Doubles	5.0	8pm-10pm
<b>Tuesday</b>	Singles	4.0	8pm-9:30pm
<b>Wednesday</b>	Singles	3.0	8pm-9:30pm
<b>Thursday</b>	Singles	3.5	8pm-9:30pm
<b>Friday</b>	Mixed Doubles	3.5-4.0	6pm-8pm
<b>Sunday</b>	Singles	4.5+	5pm-6:30pm



**See our In-House Flyer for Session Dates and Pricing**

## 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. Reservations and advance payment required.

<b>Tuesday</b>	All Levels	9:30am-12:30pm	Free for MC members	\$10 guests	\$9 Silver Sneakers
<b>Sunday</b>	All Levels	5pm-8pm	Free for MC members	\$10 guests	\$9 Silver Sneakers

**Private Pickleball Court Rental:** Rent a court exclusively for you and your friends. Limited to Tuesdays and Thursdays. *\$50 for 3 hours of playtime. Tuesday (9:30am-12:30pm) or Thursday (7am-10am)*

We also offer Pickleball Lessons. Please email [info@meadowcreektennis.com](mailto:info@meadowcreektennis.com) for more details. You can also visit MeadowCreekTennis.com and click on the Pickleball tab.

**Please call 303.232.6272 to make reservations and pay for all Pickleball in advance of arrival. Reservations accepted up to one week in advance.**

## 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.) Visit our website at [MeadowCreekTennis.com](http://MeadowCreekTennis.com) and click the Platform tab for more information on our organized leagues and clinics.

To be added to our distribution list please contact us at [paddle@meadowcreektennis.com](mailto:paddle@meadowcreektennis.com). Full facility tennis memberships include use of the paddle courts (court fees apply at certain times). We also offer paddle specific club memberships.



## PRIVATE LESSONS

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 the convenience of Permanent Court Time (PCT) blocks throughout our indoor season for our members. PCT generally begins in late August, however, we can add a PCT group for you at anytime throughout the indoor season. The cost of each PCT block is divided among all the players. Please contact Margaret Nuccio at 303.232.6272 x17 for additional information.

## SUPER DRILLS & SOCIALS

Our popular Super Drills include a fun night 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 23, 2022	6pm-9pm
<b>Reindeer Games Super Drill</b>	Wednesday	December 14, 2022	6pm-9pm

In addition to our Super Drills, we also host tennis Socials throughout the year. Our Socials include 2 hours of on-court play followed-up with a potluck social. Watch our monthly calendar for upcoming events!

## CLUB CHAMPIONSHIP & MEMBER APPRECIATION WEEKEND

**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, prizes 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 12-13, 2022

## COURT FEES

### Indoor Court Fee (September - May)

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

**\$28 per hour** for Non-Prime time (Monday-Friday, 7am-9am and 9pm-close)

### Indoor Court Fee (June - August)

Free Indoor Court time for members, non-members pay standard court fees

Outdoor Courts and Ball Machine rental is always free for members

### Daily Guest Fee

**\$18 per Adult** | **\$14 per Child** (under 18 years)

Court fees for guests not accompanied by a member are an additional \$5 per hour above member rates

REV 10.18.22

# MEADOW CREEK

TENNIS & FITNESS CLUB