

# ADULT TENNIS PROGRAMS

SEPTEMBER 2023 – MAY 2024

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

1.5 hour class 6-pack pricing: \$129.60 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. **All players must play at their published USTA rating.**

<b>Friday</b>	Cardio Tennis	3.5+	8am-9am	\$20 member	\$26 non-member
<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

*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>Wednesday</b>	2.5	1pm-3pm
<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

\$18 day members | \$24 day non-member (plus a \$30 registration fee per Session)

**Interclub registration forms can be found on our website: MeadowCreekTennis.com under the "Ladies Tennis" tab**

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

## 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

**QuickStart 1, 2, or 3 (price for entire 6-week class)** \$108 members | \$108 non-members\*

\* Non-members can take up to two, 6-week QuickStarts, at the member rate of \$108. Each additional 6-week QuickStart will be \$248.



## 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 12 - December 19
<b>Tuesday</b>	Session 2	8am-9:30am	January 2 - April 9

\$145 members | \$165 non-members (per 15 week session - shared spots available)



## IN-HOUSE LEAGUES

We offer 4 sessions of singles 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>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>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>Sunday</b>	Singles	4.5+	5pm-6:30pm

<b>Friday Double Trouble</b>	Doubles	3.0+	6pm-8pm
<b>Monday Big Dogs</b>	Doubles	4.5+	8pm-10pm



**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.

**Sunday** All Levels 5pm-8pm \$6 members | \$12 non-members

**Private Pickleball Court Rental:** Rent a court exclusively for you and your friends. Limited to Mondays and Thursdays. **2 hours of playtime Monday (7am-9am) or Thursday (7am-9am)** \$42 members | \$44 non-members

**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 exclusively 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 email Jody Dart at [jdart@meadowcreektennis.com](mailto:jdart@meadowcreektennis.com) for additional information.

## SUPER DRILLS

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 22, 2023	6pm-9pm
<b>Reindeer Games Super Drill</b>	Wednesday	December 13, 2023	6pm-9pm

## 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 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 11-12, 2023

## COURT FEES

### Member Indoor Court Fee (September - May)

**\$36 per hour** for Prime Time (Monday-Friday, 9am-9pm & all day Saturday & Sunday)

**\$30 per hour** for Non-Prime time (Monday-Friday, 7am-9am and 9pm-close)

### Member Indoor Court Fee (June - August)

Free Indoor Court time all day for members from June through August

### Member Outdoor Court Fee (Year-Round)

Outdoor Courts are always free for member use

### Non-Member Indoor and Outdoor Court Fee (Year-Round)

**\$42 per hour** for Prime Time (Monday-Friday, 9am-9pm & all day Saturday & Sunday) plus daily guest fees

**\$36 per hour** for Non-Prime time (Monday-Friday, 7am-9am and 9pm-close) plus daily guest fees

### Ball Machine Rental Indoors

Always free for members; \$5/use for non-members

### Daily Guest Fee

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

Call 303.232.6272 to reserve courts or use our online reservation system (member access only)

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# MEADOW CREEK

TENNIS & FITNESS CLUB