

# ADULT TENNIS PROGRAMS

SEPTEMBER 2020 - MAY 2021

MEADOW CREEK TENNIS & FITNESS CLUB

## ADULT MOD DRILLS

Meadow Creek offers "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	3.5+	6pm-7:30pm	\$28
<b>Tuesday</b>	Daytime Drill	All Levels	12pm-1:30pm	\$28
<b>Tuesday</b>	3.0+ Drill	3.0+	6pm-7:30pm	\$28
<b>Wednesday</b>	4.0+ Drill	4.0-5.0 only	6pm-7:30 pm	\$28
<b>Thursday</b>	Daytime Drill	All Levels	12pm-1:30pm	\$28
<b>Saturday</b>	Advanced Drill	3.5 -5.0	8am-9:30am	\$28
	Intermediate Drill	3.0-3.5	10:30am-12pm	\$28
<b>Sunday</b>	Intermediate Drill	3.0-3.5	11am-12:30pm	\$28
	Highly Advanced Drill	4.0-5.0 only	12:30pm-2:00pm	\$28

## 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. Includes an hour of drills followed by an hour of supervised match play. **All players must play at their published USTA rating.**

<b>Monday</b>	Drill & Play	4.0+	9am-11:00am	\$28 member	\$36 non-member
<b>Wednesday</b>	Drill & Play	2.5-3.0	7:30pm-9pm (1.5hr)	\$22 member	\$29 non-member
<b>Thursday</b>	Drill & Play	3.0-3.5	9am-11am	\$28 member	\$36 non-member
<b>Friday</b>	Drill & Play	3.5+	1pm-3pm	\$28 member	\$36 non-member
<b>Friday</b>	Drill & Play	4.0+	1pm-3pm	\$28 member	\$36 non-member

2 hour class 6-pack pricing: \$151.20 members | \$194.40 non-members

1.5 hour class 6-pack pricing: \$118.80 members | \$156.60 non-members



## 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 required.**

<b>Saturday</b>	Member Only	11am-12pm	\$18.50 member
<b>Saturday</b>	Member & Non-Member	4:30pm-5:30pm	\$18.50 member   \$24 non-member
Buy a 6-Series Package and SAVE! \$99.90 members   \$129.60 non-members			



## 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 [pknapp@meadowcreektennis.com](mailto:pknapp@meadowcreektennis.com) to register

<b>Friday</b>	2.5	11am-1pm
<b>Friday</b>	3.0	2 times: 9am-11am & 11am-1pm
<b>Monday</b>	3.5	1pm-3pm
<b>Tuesday</b>	4.0	1pm-3pm
<b>Thursday</b>	4.5	9am-11am

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

• • •  
**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 (*begins October 7*) | \$20 day members | \$28 day non-members

## LEARN TO PLAY TENNIS

Meadow Creek offers the "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	9:30am-10:30am
<b>QuickStart 2</b>	Thursday	7pm-8pm	or	Saturday	10:30am-11:30am
<b>QuickStart 3</b>	Thursday	8pm-9pm	or	Saturday	11:30am-12:30pm

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

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



## SENIOR BREAKFAST LEAGUE

Early morning co-ed 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.

<b>Tuesday</b>	Session 1	8am-9:30am	September 15 - December 22
<b>Tuesday</b>	Session 2	8am-9:30am	January 5 - April 13

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



## IN-HOUSE LEAGUES

We offer 4 sessions of Doubles or Singles leagues for both men and women. Sessions are 3-6 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 [pknapp@meadowcreektennis.com](mailto:pknapp@meadowcreektennis.com) to register for any leagues.

### Ladies Leagues

<b>Monday</b>	Singles	2.5-3.0	11am-12:30pm
<b>Wednesday</b>	Singles	3.5	1pm-2:30pm
<b>Thursday</b>	Doubles	3.0	8pm-10pm
<b>Friday</b>	Doubles	3.5-4.0	6:30pm-8:30pm
<b>Sunday</b>	Singles	3.5-4.0	10am-11:30am
<b>Sunday</b>	Singles	3.0	11:30am-1pm
<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	3.5	8pm-9:30pm
<b>Friday</b>	Doubles	3.5-4.0	6:30pm-8:30pm
<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 payment will be due in advance this year\*.

<b>Wednesday</b>	All Levels	7am-10am
<b>Sunday</b>	All Levels	5pm-8pm

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

Free for Meadow Creek Members | \$6 Guests | \$5 Silver Sneakers

**\* NOTE: Due to COVID restrictions this year, we are limiting the number of players per session. Please call 303.232.6272 to make reservations and pay for Pickleball in advance of arrival.**

## 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 (for a fee), and 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 September, 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! 1.5 hours of tennis drills followed by 1 hour of open-play. Levels 3.0 and above welcome. 24-hour cancellation period.

<b>Pilgrim Super Drill</b>	Wednesday	November 25	6:30pm-9pm
<b>Reindeer Games Super Drill</b>	Wednesday	December 16	6:30pm-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.

**January 30-31**      \$22 singles | \$15 per person doubles

## 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, 6am-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

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

# MEADOW CREEK

TENNIS & FITNESS CLUB

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