

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.**

Monday	Intermediate Drill	3.5+	6pm-7:30pm	\$28
Tuesday	Daytime Drill	All Levels	12pm-1:30pm	\$28
Tuesday	3.0+ Drill	3.0+	6pm-7:30pm	\$28
Wednesday	4.0+ Drill	4.0-5.0 only	6pm-7:30 pm	\$28
Thursday	Daytime Drill	All Levels	12pm-1:30pm	\$28
Saturday	Advanced Drill	3.5 -5.0	8am-9:30am	\$28
	Intermediate Drill	3.0-3.5	10:30am-12pm	\$28
Sunday	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.**

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

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

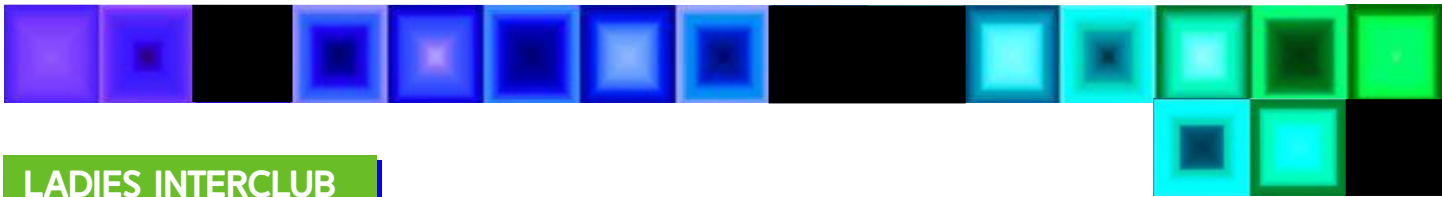
1.5 hour class 6-pack pricing: \$118.80 members | \$156.60 non-members

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

Saturday	Cardio Tennis	2.5-3.5	8:30am-9:30am	\$18.50 member	\$24 non-member
Saturday	Cardio Tennis	3.5+	9:30am-10:30am	\$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 to register

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

\$16 day members | \$22 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 (*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.

QuickStart 1	Thursday	6pm-7pm	or	Saturday	9:30am-10:30am
QuickStart 2	Thursday	7pm-8pm	or	Saturday	10:30am-11:30am
QuickStart 3	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.

Tuesday	Session 1	8am-9:30am	September 15 - December 22
Tuesday	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 to register for any leagues.

Ladies Leagues

Monday	Singles	2.5-3.0	11am-12:30pm
Wednesday	Singles	3.5	1pm-2:30pm
Thursday	Doubles	3.0	8pm-10pm
Friday	Doubles	3.5-4.0	6:30pm-8:30pm
Sunday	Singles	3.5-4.0	10am-11:30am
Sunday	Singles	3.0	11:30am-1pm
Sunday	Singles	4.5+	2:30pm-4pm

Men's Leagues

Monday	"Big Dogs" Doubles	5.0	8pm-10pm
Tuesday	Singles	4.0	8pm-9:30pm
Wednesday	Singles	3.5	8pm-9:30pm
Friday	Doubles	3.5-4.0	6:30pm-8:30pm
Sunday	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*. *Play begins October 4th.*

Tuesday	All Levels	10am-1pm
Wednesday	All Levels	7am-10am
Sunday	All Levels	5pm-8pm

We also offer Pickleball Lessons. Please email info@meadowcreektennis.com for more details. You can also visit 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 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. 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! 2 hours of tennis drills followed by 1 hour of open-play. Levels 3.0 and above welcome. 24-hour cancellation period.

Pilgrim Super Drill	Wednesday	November 25	6pm-9pm
Reindeer Games Super Drill	Wednesday	December 16	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.

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