



TENNIS QUICKSTART

Have you always wanted to learn to play tennis but don't know where to start? Is your game a little rusty from years of neglect? Are you tired of watching your kids have all the fun on the court? If this sounds like you, you may want to try our adult QuickStart and learn to play tennis in 6-weeks! Our USPTA certified tennis professionals are committed to help you learn the basics of tennis in a fun and enjoyable environment.

QuickStart is \$108* for 6-weeks. Tiered into 3 skill levels, QuickStart is for the beginning tennis player, aged 16 and up. Classes are 60-minutes each week with a maximum of 6 players on court. We start a new QuickStart every 6 weeks throughout the year. QuickStart demo racquets are available if you don't have your own, court shoes are required.

WHEN: Thursday Evenings or Saturdays

WHERE: Indoors at Meadow Creek

COST: \$108 for any 6 -Week QuickStart*

Registration is required and space is limited
Call 303.232.6272 to register for QuickStart

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



QuickStart 1

Designed for the beginning tennis player with little or no tennis playing experience. Learn to play tennis in a small group setting that is fun and non-intimidating.

Instruction focus is on stroke production, footwork, and court movements.

Saturday 11am-12pm or
Thursday 6pm-7pm

QuickStart 2

Players who have the basic skills to rally from the baseline, approach the net, and negotiate the court in singles or doubles. Continued emphasis on strokes and footwork while introducing match play and competitive strategy.

Saturday 12pm-1pm or
Thursday 7pm-8pm

QuickStart 3

For the player who has taken the initiative to practice on their own and wants more continued emphasis on serving, strokes, service returns, match play, and singles/doubles strategy.

Saturday 1pm-2pm or
Thursday 8pm-9pm

\$108 for any 6-week QuickStart*

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What to Know About Your QuickStart:

- Being a QuickStart participant, you may attend **our popular "Member Only Drills" (MOD's)** for the duration of your first two, 6-week QuickStarts. You may also take part in our Drill & Plays, Cardio Tennis, and reserve courts at our member rates. Reservations for any activity can be made 48-hours in advance. No guest fees will apply. A credit card must be on file to participate in any activities outside of QuickStart.
- There will be no make-up classes for any missed QuickStarts.
- QuickStart demo racquets are available at no charge if you do not have your own.
- Proper court shoes with non-marking soles are required. Our Pro Shop carries a wide selection of court shoes if needed.

Upcoming QuickStart Start Dates:

- September 14 and 16, 2023
- October 26 and 28, 2023
- January 4 and 6, 2024
- February 15 and 17, 2024

Beginner Drill & Play

An evening Drill & Play program for the 2.5-3.0 player. This is the perfect addition **to any of our QuickStart's!**

This Drill & Play consists of 45 minutes of drills with a Meadow Creek Pro, followed by 45 minutes of match play.

*Wednesday 7:30pm-9pm (September to April)
Friday 6pm-7:30pm (May to September)*

\$24/members and QuickStart participants
(call to verify times on season changeovers)

MEADOW CREEK

TENNIS & FITNESS CLUB

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