

ADULT PROGRAMS

***1 hr classes: must have 3/+ players.**

1 1/2 hr classes: 4/+ players, 3 players and class will be 1 hr, 2/- players, class cancelled.

Sign up deadline for weekly clinics: 24 hrs prior to class.

NEW *30/30 (Cardio/Game Drilling) 8 max/clinic

Day/Time: Monday, 5:30-6:30 pm

Wednesday, Noon-1 pm

Thursday, 6:30-7:30 am

Saturday, 8:30-9:30 am

Member: \$12/hour **Guest:** \$22/hour

This weekly workout/drill clinic is part cardio and part game drilling. Clinic includes: dead & live ball and game drilling, all designed to keep your heart rate up. A great change or addition to your regular workout. All levels welcome.

*WEEKLY NTRP CLINICS

Member: \$20/clinic **Guest:** \$30/clinic

Each clinic focuses on a specific game-like scenario. Drills are geared toward a weekly focus.

LADIES' 3.5 GAME DRILLING

Monday, 10-11:30 am

LADIES' 4.0 GAME DRILLING

Friday, 8:30-10 am

LADIES' 3.5/4.0 GAME DRILLING

Saturday, 9:30-11 am

MEN'S 3.0/3.5+ GAME DRILLING

Monday, 6:30-8 pm

MEN'S 4.0 GAME DRILLING

Saturday, 8-9:30 am



NEW TENNIS 101 & 201

Session I, Oct 2-Nov 3

Session II, Nov 6-Dec 15 (No clinic Nov 20-24)

TENNIS 101

Day/Time: Wednesday, 8:30-10 am

Thursday, 7-8:30 pm,

Member: \$75/5 weeks **Guest:** \$100/5 weeks

Designed to introduce or reacquaint players who haven't played in past 5+ years, to the fundamentals of tennis. Clinic includes: grips, preparation, swing paths, contact points, movement patterns, dead & live ball drills and games when appropriate.

TENNIS 201

Day/Time: Tuesday, 11:30 am-1 pm

Thursday, 5:30-7 pm

Member: \$75/5 weeks **Guest:** \$100/5 weeks

A refresher course for those who have not played much in the last 3-5 years. Clinic includes: grips, preparation, swing paths, contact points and movement patterns. The clinics will be more live ball and game oriented.

ADULT LEAGUES

LADIES' TRI-LEVEL LEAGUE

Day/Time: Monday, 5:30-8:30 pm

Member: \$60/10 weeks **Guest:** \$120/10 weeks

League Season: October 2-December 11

No league Nov 20

36 max/each league time.

Tri-Level Team 6 players per team. One doubles team in each of the following levels: 3.0, 3.5, 4.0+ Levels play each other: 3.0 vs 3.0, 3.5 vs 3.5, 4.0 vs 4.0

LADIES DAY (weekly sign up, 12 max)

Day/Time: Thursday, 11:30 am-1 pm

Member: \$8/day **Guest:** \$20/day

League Season: October 5-December 14
12 max/day

Play with 2 different partners each week. Players will be paired according to ability and rotated after 45 min. This is a weekly sign up league.

MEN'S NIGHTS (weekly sign up, 16 max)

Day/Time: Wednesday, 5:30-7 pm

Member: \$8/night **Guest:** \$20/night

League Season: October 4-December 13
4 courts max

Food & beverage provided. Levels: 3.0/3.5+

NEW TEAM TENNIS LEAGUE

Day/Time: Friday, 5:30-8:30 pm

Member: \$60 **Guest:** \$120

League Season: October 7-December 15

No league November 3 & 24

Team Make-Up: 2 men & 2 women

Divisions: 6.5/7.0 & 7.5/8.0+

Match Set Format: 1-mens doubles,
1-womens doubles, 2-mixed doubles

Registration: Deadline for Team Rosters is Sunday, October 1. Season team schedule will be sent out October 3.

A great way to meet other members and get much needed match play. Play with your team mates against other teams. Total number of games won each match will be added to previous match game wins and tallied on a league ladder. Season winning team receives PEAK gift cards. Levels play each other: 6.5/7.0 vs 6.5/7.0 & 8.0/8.0+ vs 8.0/8.0+



JUNIOR PROGRAMS

MICRO & HOT SHOTS: AGES 4-9

Day/Time: Tuesday & Thursday, 4-5 pm

Member: \$140 **Guest:** \$210

Micro Shots: An exciting format for teaching tennis, designed to utilize specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. A fast and fun way to get kids into tennis and keep them playing.

Hot Shots: Players will continue to work on fundamentals learned in Micro Shots with additional live ball/rally ball drills.

FUTURES: AGES 10-15

Day/Time: Tuesday & Thursday, 4-5 pm

Member: \$140 **Guest:** \$210

Juniors in this class may have had prior lessons but are not quite ready for match play. Players will be divided into appropriate groups based on ability, age and professional opinion. Lessons will include stroke mechanics, game drilling and physical tasks.

CHALLENGERS: AGES 12-18

Day/Time: Monday & Wednesday, 4-5:30 pm

Member: \$195/Session 1, \$210/Session 2

Guest: \$290/Session 1, \$315/Session 2

Participants should know how to play and keep score. Lessons include: stroke mechanics, game drilling, conditioning and doubles and singles strategy. Players will be divided into appropriate groups based on professional opinion, player dedication, attitude, effort, technical abilities and age. These lessons are live ball based.



JUNIOR TEAM TENNIS

Day/Time: Saturday, 5-8 pm

October 7 & 21

November 11 & 18

December 2 & 16

Member: \$60 **Guest:** \$90

Includes: court time, food, beverages & prizes.

Team Make-Up: 2 boys & 2 girls

Divisions: 14 & under, 15 & over

Match Set Format: 1-boys doubles,
1-girls doubles, 2-mixed doubles

Registration: Deadline for Team Rosters is Sunday, October 1. Season team schedule will be sent out October 3.

A great way to get match play against players of similar age and ability. Play with your team mates against other teams. Total number of games won each match will be added to previous match game wins and tallied on a league ladder. Season winning team receives gift cards to a local business.

JUNIOR SESSIONS DATES

Session I: September 5 - October 19

Sign-up: Monday, August 21, 8 am

Session II: October 23 - December 14

Sign-up: Monday, October 9, 8 am

**NO LESSONS DURING THANKSGIVING WEEK
NOVEMBER 20-24**

HOW TO SIGN UP

If you are interested in our programs or playing in our Jr Team Tennis League contact: Racquet Club Service Desk, 251-3356 ext 10.

Grant money is available and provided by PEAK Health and Wellness and Garden City Tennis Association.

For questions on payment options or grant money availability contact: Scott Potter 251-3356 ext 11, scott@peakmissoula.com.



**CALL TO REGISTER
406 251-3356 ext 10**

Scott Potter, Tennis Director
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We Inspire Limitless Potential