

## Session Pricing & Dates

for youth & adult tennis

Session 1	Jan 2 - Feb 26
Session 2	Feb 27 - Apr 22
Session 3	Apr 23 - Jun 17

Full-Facility Member	\$152
Fitness Member	\$175
Non-member	\$190

# for juniors

## Mommy/Daddy & Me *Ages 3 to 4*

Little tennis players have a blast playing with mom or dad. Focus is on motor skill development in a fun and motivating setting.

Mon - Thu	4:00 - 4:30pm
Sat & Sun	12:30 - 1:00pm

\* HALF SESSION PRICE

## Pee Wee *Ages 4 to 6*

Exposes your little ones to tennis and gets them comfortable with the game. This program creates a great atmosphere that promotes easy learning of basic fundamentals. Exercises and drills are high energy and great fun.

Mon - Thu	4:30 - 5:00pm
Sat & Sun	1:00 - 1:30pm

\* HALF SESSION PRICE



## Big Shots *Ages 7 to 9*

acac tennis professionals provide a structured atmosphere that accelerates learning. The instructors give tennis homework and encourage parents to practice with their children.

Mon - Thu	5:00 - 6:00pm
Sat & Sun	1:30 - 2:30pm

## Junior Tennis Team *Ages 10 & up*

Designed for intermediate level players. This program introduces youth to acac's junior tennis teams. Players are encouraged to strive for state ranking.

Mon - Thu	5:30 - 6:30pm
Sat & Sun	2:30 - 3:30pm

## Teen Girls *Ages 13 & up*

A supportive environment leads to a great experience for teen girls. Class uses transitional balls to get players competing in matches fast!

Mon	6:30 - 7:30pm
Wed	6:00 - 7:00pm



## Quickstart Match Play

acac wants its juniors to practice what they learn. we offer match play on 36' and 60' courts.

### 36' Match Play (Big Shots)

Mon 6:00 - 6:30pm **NEW TIME!**

\* HALF SESSION PRICE

Sat 10:30 - 11:30am

Full-Facility Member	\$12
Fitness Member	\$15
Non-member	\$20

### 60' Match Play (Junior Tennis Team)

Sat 11:30am-12:30pm



## Competitive Junior Player Program

The competitive junior player program is for players that are competing in Bantam, Intermediate, Tournament Level and USTA L1 through L6 events. Entrance to the program is based upon acac tennis professional approval. During instructional and match play situations, players will be divided into appropriate levels. *Players will be able to practice up to 4 hours per week. All players receive a 10% discount on private instruction.*

### Levels 1 - 2

Mon & Wed	3:00 - 4:30pm
Fri	3:00 - 4:00pm

### Levels 3 - 4

Mon & Wed	4:00 - 5:30pm
Fri	4:00 - 5:00pm

### Levels 5 - 6

Tue & Thu	4:00 - 5:30pm
Fri	5:00 - 6:00pm

Family Membership	\$360
Member	\$414
Non-member	\$450

## High School Prep Course

Trying to get ready for high school tennis tryouts? acac has you covered. Come train with other players from around the area and get your game ready for the high school season.

Mon	8:00 - 9:30pm	Full-Facility Membership	\$20/class
Wed	8:00 - 9:30pm	Fitness Member	\$23/class
		Non-member	\$25/class



## Junior Tournaments and Match Play

Junior Interclub for Levels 1 & 2	Jan-March
USTA Junior Team Tennis	April
Spring USTA L5	May

*More information about these programs will be sent via e-mail, and times will be finalized closer to the start dates.*

# for adults

get 30% OFF  
indoor court time  
when booking times  
from 6 - 7:30am  
and 9 - 10:30pm

**Doubles:** These classes will be geared towards tactical components specific to doubles.

**Singles:** These classes will be geared towards tactical components specific to singles.

**Stroke Technique:** The easiest way to improve is to break down your game into different tennis strokes. Let acac tennis professionals help improve the technical component in your game.

## starter

Tue	6:00pm	Ben
Wed	6:30pm	Ryan
Sat	2:00pm	PJ
Sun	3:00pm	PJ

## 2.5

**Singles**  
Tue 9:30am Feisal

**Doubles**  
Wed 7:30pm Ryan

**Stroke Technique**  
Tue 7:30pm Ryan  
Fri 10:30am Jason

## 3.0

**Singles**  
Tue 11:30am Feisal

**Doubles**  
Mon 10:30am Ryan  
Tue 9:30am Jason  
Tue 6:30pm Rachel  
Thu 8:00pm Ben

**Stroke Technique**  
Fri 9:30am Jason  
Sat 3:00pm PJ  
Sun 4:00pm PJ

## 3.5

**Singles**  
Thu 9:30am Feisal

**Doubles**  
Tue 9:30am Feisal

**Stroke Technique**  
Tue 6:30pm Ryan

## 4.0

**Stroke Technique\***  
Thu 6:00pm Jason

\*hour and a half session, special pricing applies

## Cardio Tennis

It's tennis and a great cardio workout! Join us for Cardio Tennis, the fastest growing class at acac. Classes are 60 minutes.

Mon	6:30am, 10:30am, 6:30pm, 7:30pm
Tue	10:30am, 6:00pm
Wed	11:30am
Thu	10:30am, 6:30pm, 7:30pm
Fri	10:30am

## Adult Match Play

acac offers weekly intra-club play on the days and times listed below. Please call the tennis desk well in advance to get signed up for the level you want. Sign up is weekly and spaces are limited. Balls are provided.

Starter - 2.5	Fri	10:30am - 12:00pm
3.0	Thu	11:30am - 1:00pm
3.5	Tue	8:00 - 9:30pm
4.0 - 5.0	2 <sup>nd</sup> & 4 <sup>th</sup> Thu	7:30 - 9:00pm

Full-Facility Member	\$12
Fitness Member	\$15
Non-member	\$18

## Ladies Suburban Clinics

First come, First Serve for your team! Get ready for the spring season with a great combination of situational drills and match play to get your team ready. We can handle 4 players or 12 players, whatever you want to do for your team. Clinics will be 90 minutes and potentially have two tennis professionals. Pricing will be very attractive with a discount of up to 15%. Please inquire with Jason so he can assist with scheduling and pricing.

## About Ratings:

The adult program includes 4 different Class types. It is based on the NTRP (National Tennis Rating Program). Listed below are the teaching instructor, day, time and class type. All classes are one hour in length.

**Please use your current rating to sign up for classes.** If you are not yet rated, we offer a free 30 minute evaluation to help place you in the appropriate class.

## TRX & Cardio Tennis

Try out Cardio Tennis and TRX suspension training. acac is one of the only clubs in the country offering this unique group exercise class.

		Full-Facility Member	\$35
Sat	8:30 - 10:00am	Fitness Member	\$40
	10:00 - 11:30am	Non-member	\$44

## Tennis Tournaments

Men's Member Guest	Jan 13 - 15
Ladies' Member Guest	Feb 17 - 19
Mixed Member Guest	Mar 16 - 18

## New Player Drill & Play!

This new program is perfect for players that are new to the game, cleaning off the cobwebs, or just trying to meet more players. The acac pros will provide drills for 45 minutes and then observe match play for 45 minutes. It promises to be a lot of fun!

1 <sup>st</sup> & 3 <sup>rd</sup> Thu	7:30 - 9:00pm
Full-Facility Member	\$19
Fitness Member	\$22
Non-member	\$24

## Adult Tennis Camp: April 12th - 14th

Let's get ready for USTA League Play! Join the acac tennis pros for a 3-night adult tennis camp. Stroke techniques, singles tactics and doubles tactics will be covered over the 6 hours of camp. Players will have a great time learning new things and polishing up old habits. Sign up online: <http://rmbookings.acac.com>

Tue-Thu	7:30 - 9:00pm	Full-Facility Member	\$75
		Fitness Member	\$87
		Non-member	\$95

