

ADULT TENNIS PROGRAM : June 1st–Sept. 5th, 2010



Lakeshore Athletic Club-Lincoln Park

offers a wide variety of adult tennis programs ranging from absolute beginner to advanced tournament level.

Players are classified using the National Tennis Rating Program (N.T.R.P.), which places students into different categories based upon ability and standardizes play for an overall, enjoyable experience. If you wish to be rated, please contact the Member Services Desk (ext. 165) to make an appointment for your free rating.

Lakeshore offers a wide variety of group classes. However, if you prefer to create your own group, you should contact the Member Services Desk.

Adult group tennis sessions – 7 weeks

June 1–July 18, 2010

July 19–Sept. 5, 2010

*No classes Monday, July 5th

■ Intro to Tennis

Learn to play tennis in just 6 weeks! Lakeshore Athletic Club's introductory program for adults will have you playing tennis before you know it. The curriculum includes the basic mechanics of the forehand, backhand, serves and volleys, as well as scoring and rules.

Program Highlights

- **Free Use Of Loaner Racquets**
- **6 Classes For Only \$85** (intro ten)
- **Multiple Convenient Class Meeting Times**
- **Featuring Top USPTA Professionals**

* Classes will only run with a minimum of three players and a maximum of six. This introductory class is restricted to only one class per person.

For times, availability of classes or to register for classes, visit our website at www.LSAC.com or call the Member Services Desk at ext. 165.

■ Adult Group Tennis Session

7 week session (June 1–July 18, July 19–Sept 5)

| | Member | Guest* |
|---------------------|-------------------------|-------------------------|
| 1 hr class | \$168 (t19wg1m) | \$210 (t19wg1g) |
| 1.5 hr class | \$252 (t19wg15m) | \$315 (t19wg15g) |
| 2 hr class | \$336 (t19wg2m) | \$420 (t19wg2g) |

Early Bird, Matinee, and Night Owl classes offer 1.5 hours of play for the price of 1 hour!

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|------------|------------------|
| Early Bird | 6:00am - 8:00am |
| Matinee | 1:00pm - 2:30pm |
| Night Owl | 9:00pm - 10:30pm |

■ Cardio Tennis

Hit the court to strengthen your heart and improve your on court endurance. Lots of continuous movement drills. \$8. (cartn)

Check with the Member Services Desk or website for days and times of classes. Sign up in advance!

Drop-ins welcome if space available. Classes will only run with a minimum of three players and a maximum of eight.

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■ Tennis Specialty Programs

Sunday 4.0+ Mixer

Designed for the more advanced players!

Time: Sundays 5:00-7:00pm
Cost: \$15 for Members (stmm001)
\$25 for Non-Members (stmg001)

Limited to 24 spots. Sign up in advance!
Drop-ins welcome if space available.

Doubles at Lunch

Drop-in tennis. All levels welcome. Pros will match players by skill level.

Times: Monday and Thursdays 11am - 1pm
Cost: \$15 for Members (doubles)
\$25 for Non-Members (doublesgst)

Flex League: Singles-Co-Ed

This tennis program allows members to participate in a competitive league while offering the flexibility of scheduling their own matches. Most importantly it offers a chance for members to meet other Lakeshore tennis players. June 7-Aug 1. Cost: \$100/8 weeks (tfl001)

■ Lakeshore Traveling Teams

Lakeshore members are eligible for participation in our traveling league programs. Depending on the season, we play against other clubs from the Chicago area. Players are welcome to join in at anytime throughout the league season. Club membership is required to participate. Team practices are also available for those participating.

■ Chicago Indoor Tennis Association

This is a doubles only league that plays every other weekend Saturday for Men and every other weekday Friday for Women at the 4.0 and 4.5 levels. 12 players play each match, six home and six away. The league season runs late September through May.

■ USTA League Tennis

This is a singles and doubles league that plays on weekday nights and weekends, for both men and women. This league has potential advancement to Sectional and National Championships. Play covers Fall, Winter and summer seasons. Online Tennis link registration and USTA membership is required for participation.

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■ Lessons

Private – A one-on-one with a pro of your choice.

Member:
\$69/hr prime time (tlmppt001)
\$57/hr non-prime time (tlmpnp001)

Guest:
\$81/hr prime time (tlgp001)
\$69/hr non-prime time (tlgnp001)

Semi-Private – A private lesson taken by two members.

\$28.50 non-prime time (tlmgnp00)
\$34.50 prime time (tlmgpt001)

Group – A group lesson of three or more members with a tennis pro.

\$24 (tlggpt001)

■ Hours and Court Fees

Prime Time hours:

M-F: 4-10pm S-S: 8am-6pm

Non-Prime Time hours:

All other times

Court Rental Fees

\$22 non-prime time (crnpt001)
\$30 prime time (ficrpt)

Outdoor Court Rental Fees

\$13 non-prime time (???????)
\$17 prime time (???????)

Ball Machine Rental

\$22 non-prime time (crnpt001)
\$30 prime time (ficrpt)

Policies: Participants must pay at the time of registration. All members will be billed on their Lakeshore account if payment is not received with registration form. **24 hour cancelation policy for all court reservations and private lessons.** Make-up classes are offered at the pro's discretion. You may come to a class in the same session if there is space available—otherwise, no makeups will be offered, to ensure class quality and consistency. Proration only applied to late enrollment, not for classes missed during a session. No refunds are given for any programs without a medical reason.



Lincoln Park
1320 West Fullerton
P 773.477.9888
F 773.477.9894

www.LSAC.com