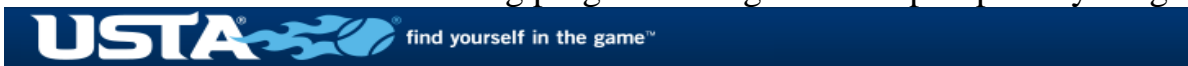


COURT IS NOW IN SESSION!

LOOK WHAT WE'RE SERVING UP!

The tennis staff wants you to have a variety of ways to “get into the game.” We encourage you to be on the lookout for the following programs designed to help improve your game.



CHECK OUT OUR JUNIOR TEAM TENNIS FLYERS AVAILABLE ONLINE AND IN THE PRO-SHOP

NEW: USTA 10 One Day Tournaments

We will be offering multiple 10 and under Orange Ball and Green Dot 10 and under tournaments. These will be fun, half day tournaments with a non-elimination format with the emphasis on FUN! For players 7 – 10 years old.

Keep checking our tournament section on our website www.courtsplus.org for registration information

High School Team Nights 7-9pm (Monthly drill sessions for Varsity and Junior Varsity players 7th grade and up)

1) Thursday, Jan 26th 2) Thursday Feb 23rd 3) Thursday Mar 30th Fee: \$15 per time(INCLUDES PIZZA) Visit www.courtsplus.org to register online or email Jason jthiner@courtsplus.org **PLAYERS MUST REGISTER AT LEAST 2 DAYS IN ADVANCE!**

Courts Plus Community Fitness offers a **FREE ADULT INTRODUCTORY LESSON** to individuals interested in learning the basics of **TENNIS!** Arrive ready to play. Please sign-up online at www.courtsplus.org or fill out the registration form attached to this flyer.

Thursday, January 5th from 8 – 9PM *CODE: FTL1*

Thursday, February 2nd from 8 – 9PM *CODE: FTL2*

Thursday, March 2nd from 8 – 9PM *CODE: FTL3*

Look for our Sunday Night Adult Social Drills

Email Jason Thiner to get on our email list for our monthly adult fun drills jthiner@courtsplus.org from 7-9pm. \$20 per person, \$30 for non-members.

Private Lessons!!!!!!

Need help with your game?

Simply talk to one of the Courts Plus Certified Tennis Professionals to set up a time of your own. At affordable prices this is the best way you can bring your game to the next level. Set in a fun environment with your friends, it's your Ad



ADULT BEGINNING LESSONS AND LEAGUE

Adult Lessons: Thursdays 8:00 - 9:00 PM LEARN TO PLAY TENNIS IN 3 WEEKS!!

Dates: Session #1: Jan 12th, 19th, 26th *CODE: ABL1*
Session #2: Feb 9th, 16th, 23rd *CODE: ABL2*
Session #3: Mar 9th, 16th, 23rd *CODE: ABL3*

Cost: \$35.00 for lesson series

Adult beginning league: Thursdays 9:00 – 10:00PM

Recommended for players who can serve and hit the ball, but have very little playing experience.

One session: February 9th – March 30th 8 weeks. *CODE: ABL* Cost: \$80

Evening Leagues

Men's Monday Singles

January 9th – April 24th *CODE: MMS* 16 weeks
Match Times: 6-730pm, 730pm – 9pm, 9-1030pm Member Fee: \$ 240 Non-member fee: \$440

Women's Tuesday Doubles 2.5-3.5

January 10th – April 25th *CODE: WTD6pm* 16 weeks
Match times: 6:00 - 7:30 PM Member Fee: \$144 Non-member fee: \$344

Women's Tuesday Doubles 3.5-4.5

January 10th – April 25th *CODE: WTD730pm* 16 weeks
Match times: 7:30 – 9:00 PM Member Fee: \$144 Non-member fee: \$344

Men's Wednesday Doubles 3.0 – 4.0

(players move up and down courts each week depending on results)

January 11th – April 26th *CODE: MWD* 16 weeks
Match Times: 7:00 – 8:30pm Member Fee: \$144 Non-member fee: \$344

Men's 4.5/5.0 Doubles League

January 11th – April 26th *CODE: WMD4.5* 16 weeks
Match Times: 7:30 - 9:00 PM on Wednesday Member Fee: \$144 Non-member fee: \$344

Women's Thursday 3.5-4.5 Singles League

January 12th – March 30th *CODE: WTS* 12 weeks
Match times: 6:30 - 8:00 PM Member Fee: \$180 Non-member fee: \$330

Daytime Leagues

Women's Monday 3.0 singles/doubles league

January 9th – April 24th *CODE: WMSD* 16 weeks
Match times: 10:00 – 11:30am (no need to get subs) Member fee: \$192 Non-member fee: \$392

Women's Drill & Play 2.5/3.0

January 12th – April 27th *CODE: WDP* 16 weeks
Match & Drill times: 9:00 – 10:30 AM Thursdays Member fee: \$192 Non-member fee: \$392
(or \$20 per time) (or \$30 per time)

Women's Drill & Play 3.5-4.0

January 11th – April 26th *CODE: WDP2* 16 weeks
Match & Drill times: 9:00 - 10:30 AM Wednesdays Member fee: \$192 Non-member fee: \$392
(or \$20 per time) (or \$30 per time)

Please visit
www.courtsplus.org to
register.
Contact
Oliver or
Jason for
more
questions

To register for any of these programs please visit www.courtsplus.org and sign up online or fill out our registration form attached to this flyer. For any questions regarding level/times etc. please contact Oliver or Jason at 701-237-4805

Private & Group Lessons

<u>Tennis Professional</u>	<u>1 Person/hr</u>	<u>2 People</u>	<u>3 People</u>	<u>4 People</u>
Oliver Summers Director of Tennis osummers@courtsplus.org	\$50.00 ½ hr: \$27.00	\$25.00	\$17.00	\$13.00
Jason Thiner Supervisor of Jr. Development jthiner@courtsplus.org	\$48.00 ½ hr: \$26.00	\$24.00	\$16.00	\$12.00
Jerry Caulfield Tennis Pro jcaulfield@courtsplus.org	\$50.00 ½ hr: \$27.00	\$25.00	\$17.00	\$13.00
Zach Zitur Tennis Pro zachzitur@gmail.com	\$46.00 ½ hr: \$25.00	\$23.00	\$16.00	\$12.00
Kyle Christianson kyle.christianson27@gmail.com	\$46.00 ½ hr: \$25.00	\$23.00	\$16.00	\$12.00

Non-members may take lessons at Courts Plus.

The adult and junior non-member rates are \$10.00 above the listed rates.

Refunds/Credits: Once classes/lessons/leagues begin, there will be **NO** refunds/credits unless approved by Oliver Summers or Jason Thiner

Tennis Court Time

2016/17 Permanent Court Time Sept. 12th – May 26th, 2017

Permanent Court Time Rates are **discounted to \$16.00 + tax per hour**, versus the **\$18.00 + tax** Random Court Rate. Permanent court time may be reserved with our Director of Tennis, Oliver Summers. Court fees are paid for the entire session at the start of play. This session of permanent court time will continue through May 26th, 2017

Dates Excluded: Oct. 7/8th, Oct. 11th – 15th, Oct 21st – 23rd, Oct 21st – 23rd, Nov 29th, Dec 26th – Jan 1st, Feb 10th – 13th, Mar 3rd – 5th, May 25th – 27th

Members may reserve random court time as many as 7 days in advance. All courts are \$18 per hour.

Star Tennis & Maximum Performance Tennis (MXP)

Whether your child is just starting the game or is trying to make a local school team, we have lessons designed to take them to the next level. Our Star Junior Tennis and MXP Tennis program uses a progressive court system that uses 36, 60; and 78; (regular size) tennis courts. Coupled with ensuring the proper racquet length and using different types of tennis balls based on age and ability, our goal is to get your child playing tennis as soon as possible. This system gives you child a visible progression to maximize their improvement. Each of our lessons will be divided up into three critical phases beginning with a warm-up emphasizing tennis specific movement and coordination. This is followed by a skill-building phase and skills are practiced "live" in a competitive phase, where rallying and game conditions are experienced.

STAR TENNIS

Session #1: Jan 9th – Feb. 21st (7 weeks) Fee: \$55
 Session #2: Feb 27th – April 11th (7 weeks) Fee: \$55
 Sat. Session #1. Jan 7th, 14th, 21st, 28th, Feb 4th (5 weeks)

Fee: \$40

Sat. Session #2. Feb 18th, 25th, Mar 11th, 18th, 25th, Apr 1st, Apr 8th (7 weeks) Fee: \$55

PEEWEE STARS

For children ages 4-5. The goal is to expose children to the FUN of tennis through movement while using Red transition balls, which was developed to give kids more success. Contact Jason.

Tuesdays 1:30 – 2:15 PM CODE: PS

TINY STARS

For children in grades K – 2. The goal is to continue to have FUN and to develop ball judgment skills, improve motor skills and to learn the early stroke mechanics of a forehand, backhand, volley and serve.

Contact Jason with any questions

Mondays 4:00 – 5:00 PM (Beginner) CODE: TSB

Mondays 5:00 – 6:00 PM (Intermediate) CODE: TSI

Saturdays 9 – 10AM Beginner: TSS Intermediate: TSIS

YOUNG STARS

For children grades 3 – 5 or appropriate skill level. The goal is to continue to have FUN while focusing on the stroke mechanics of the forehand, backhand, volleys and the serve through instruction, drills and fun games. Contact Jason with any questions

Mondays 4:00 – 5:00 PM (Beginner) CODE: YSB

Mondays 5:00 – 6:00 PM (Intermediate) CODE: YSI

Saturdays 10 – 11AM Beginner: YSS Intermediate: YSIS

JUNIOR STARS

For juniors grades 6 – 8 and grades 9 – 12. The goal is to have FUN while focusing on the stroke mechanics of the forehand, backhand, volleys and the serve through instruction, drills and fun games. The ultimate goal is to prepare students for the MXP program.

Tuesdays 4:00 – 5:00 PM (Beginner) CODE: JSB

Tuesdays 5:00 – 6:00 PM (Intermediate) CODE: JSI

Saturdays 11 – 12PM Beginner: JSS Intermediate: JSIS

Please visit www.courtsplus.org to register online for any of these programs or fill out the application form below and you will be contacted to confirm your registration. All classes are limited by size.

MXP TENNIS

MXP is competitive training for the serious junior tennis player. Stroke production, singles and doubles strategy, footwork and mental toughness will be stressed. Contact Jason with any questions

Winter Session: January 9th - April 2nd (12 weeks)

MXP III

For players 7 and older who can play matches. Must be willing and able to begin tournament play. USTA level 7. Lessons include two one-hour practices and one match per week. Ratio 6:1.

Fee: \$236 = <\$8 an hour (add \$120 for non-members) CODE: MXP3

Wednesdays 4:00 – 5:00 PM &

Fridays 4:00 – 6:00 PM (includes 1hr practice & 1hr play day)

MXP II

Ages 12 and up. USTA Championship level 7 players, high school junior varsity and varsity level players. These players should possess a desire to compete in USTA tournament play. Two 11/2-hour practices and one match per week will be offered. Ratio 6:1.

Session Fee: \$378 = <\$8 an hour (add \$120 for non-members) CODE: MXP2

Mondays & Wednesdays 4:30 – 6:00 PM

Match Times: Saturdays 12:00 – 1:30 PM

MXP I

Ages 12 and up. USTA Championship level 5 and 6 players and top high school varsity players. Players should possess a sound understanding of all parts of play. Two 11/2-hour practices and one match per week will be offered. Ratio 6:1.

TOP PLAYER IN MXP 1 WILL BE PLACED ON A SEPARATE COURT AT THE SAME TIME

Session 1 Fee: \$378 = <\$8 an hour (add \$120 for non-members) CODE: MXP1

Tuesdays & Thursdays 4:30 – 6:00 PM

Match Times: Sundays 2:00 – 3:30 PM

USTA Tournament Dates



January 28th PEPSI 10 and Under Orange Superbowl
 February 10th - 12th PEPSI Level 5 Championship
 March 3rd - 5th PEPSI Level 6 Championship
 March 4th PEPSI 10 and Under Orange Superbowl
 March 4th PEPSI 10 and Under Green Superbowl

Go to www.northern.usta.com to register for any of these USTA tournaments

APPLICATION FORM (ONE PER PARTICIPANT)

NAME _____ AGE _____ BIRTH DATE _____ CIRCLE GENDER: M F

SESSION _____ PROGRAM NAME _____ PROGRAM CODE _____

STREET ADDRESS _____ CITY _____ ZIP _____

PHONE NUMBER _____ EMAIL ADDRESS _____

PAYMENT METHOD CIRCLE: Cash Check Credit Card Charge to Acct.

Name on Credit Card _____

CREDIT CARD NUMBER _____

EXP. DATE _____

CVC _____

RELEASE: I hereby for myself, my children adopted or otherwise, my heirs and executors, waive and release any and all rights and claims for damages that I may have at any time against Courts Plus Community Fitness Center, their agents or representatives; for any injury or damages that may be suffered by me, my child adopted or otherwise, in connection with my association or entry in tennis or other activities sponsored by Courts Plus. By your attendance at Courts Plus, you are granting permission for you and your child to be filmed, videotaped, audiotaped and are granting full use of your likeness, voice and words without compensation.

PARENT SIGNATURE _____

PRINT NAME _____