

## REGISTRATION FORM

No matter your age, Chesterfield Athletic Club has a tennis program for you. Tennis was the Club's genesis and is an integral part of who we are. Participate in a clinic, take a lesson from a pro, play in a league, get some time with the ball machine or play with friends. Our tennis professionals and programs will help you live a healthier, more active life – all while making new friendships and developing a lifelong passion for the game.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please indicate the class name, day & session.**

Class: \_\_\_\_\_

Day: MON TUES WED THUR FRI SAT SUN  
Session: 1 2

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## CAC INTERCLUB TEAMS

CAC's Interclub Teams compete against other St. Louis area tennis clubs with doubles matches scheduled each week. You only pay for matches when you play.

Contact Wynn: 314-517-1719

### Women's Interclub

CAC's interclub teams compete in divisions ranging from 2.5-4.5 levels. Matches are on Fridays, but time and location varies each week. Cost is \$20 per match.

Each interclub team has weekly practices (not mandatory). Players that register for the entire session of team clinics / practices are entitled to the following perks:

- Ladies A: 2 hrs of court time Wednesday (8am-12pm)
- Ladies B: 2 hrs of court time Thursdays (9am- 11am)
- Ladies A&B: 30-minute warm-up before home matches

Refer to the Women's Interclub flyer for more information.

### Men's Interclub

Play levels range from 3.5-4.5. Matches are Saturday afternoons. Time and location varies each week but is typically between noon and 3pm. Cost is \$20 per match.

### Men's Senior Interclub

Over 55 and looking to compete? Matches are Thursday afternoons, typically around 1pm. Cost is \$15 per match.

Looking for other competitive match opportunities?

### IMPACT TEAM TENNIS

Impact Team Tennis provides something for everyone. A match (2 men & 2 women minimum per team) includes 6 sets (men's & women's doubles, men's & women's singles, and 2 sets of mixed doubles). Leagues are played at CAC on Wednesday and Friday evenings (6.0 & 7.0 Combined Level Teams). Contact Pat: 314-496-7990

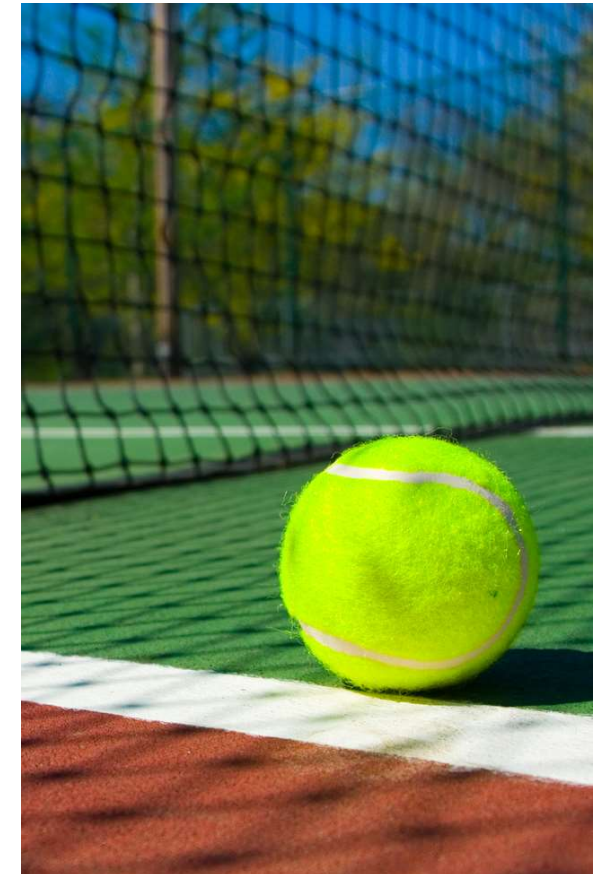
### USTA

USTA offers competitive leagues for men and women of all skill levels. Regular league matches are played on Sundays and Day league matches are around lunch time during the week. Contact USTA: 314-432-3990



CHESTERFIELD  
ATHLETIC CLUB

## ADULT TENNIS GUIDE FALL 2024



CHESTERFIELD  
ATHLETIC CLUB

16625 Swingley Ridge Rd  
Chesterfield MO, 63017  
636-532-9992  
chesterfieldathleticclub.com

## COED INSTRUCTIONAL CLINICS

### Beginner/Advanced Beginner

Kickstart your game by learning the fundamentals and then incorporating them into game play scenarios. Includes 1 hr instruction & 0.5 hr of game play.

Thursdays 6:00pm-7:30pm (Sept 5<sup>th</sup> – Dec 19<sup>th</sup>)  
No class Nov 28<sup>th</sup>

Cost: \$35 members / \$45 nonmembers  
Instructor: Tao Cui (314-600-8865)

### Singles/Doubles Clinic

Hybrid clinic that works on both singles and doubles match skills. Mark will teach a singles drill and Brian will teach a doubles drill each week. The last 30-40 min will be match play – your choice to play singles, doubles or some of each. Level: 3.0-4.0.

Mondays 9:00am-10:30am (Sept 9<sup>th</sup> – Dec 16<sup>th</sup>)

Cost: \$30 members / \$40 nonmembers  
Instructors: Brian Kirk (314-681-1513) & Mark Zolman

### Theme Night with Tao

Broaden your skillset by focusing on mastering a different technique each week. From drop-shots, to top spin, to a slice serve, trust that Tao will teach you everything you need to know. Level: 3.0-4.0.

Wednesdays 6:00pm-7:00pm (Sept 4<sup>th</sup> – Dec 18<sup>th</sup>)

Cost: \$25 members / \$35 nonmembers  
Instructor: Tao Cui (314-600-8865)

### Unwind After Work with Tao

Lots of hitting and movement incorporated into a variety of instructional drills and fun games. Designed to be an informative & active clinic to help you leave your stress behind. Level: 2.5-3.5.

Wednesdays 7:00pm-8:30pm (Sept 4<sup>th</sup> – Dec 18<sup>th</sup>)

Cost: \$35 members / \$45 nonmembers  
Instructor: Tao Cui (314-600-8865)

Contact our tennis director, Wynn Criswell at 314-517-1719 for assistance determining what clinics will be the best fit for you.

## WOMEN'S TENNIS CLINICS & LEAGUES

### Ladies Intermediate / Advanced Clinic

For 3.0-3.5 players that are wanting to improve their game. Work on mastering mechanics, strategy & footwork.

Mondays 11:00am-12:30pm (Sept 9<sup>th</sup> – Dec 16<sup>th</sup>)  
Wednesdays 12:00pm-1:30pm (Sept 4<sup>th</sup> – Dec 18<sup>th</sup>)

Cost: \$35 members / \$45 nonmembers  
Instructors: Wynn Criswell (314-517-1719) & Mike Schaaf

### Ladies Day & Ladies Night

Take the hassle out of setting up your own matches by having Wynn do the work for you! Improve your game by playing a competitive match each week (2.5-4.0 women).

Mondays 1:00pm-2:30pm (Sept 9<sup>th</sup> – Dec 16<sup>th</sup>)  
Wednesdays 6:00pm-7:30pm (Sept 4<sup>th</sup> – Dec 18<sup>th</sup>)  
No Matches on Nov 27<sup>th</sup>

Cost: \$270 for 15-week session (members only)  
Contact Wynn: 314-517-1719

### Ladies CAC Leagues

Doubles Leagues are best 2 of 3 set matches, Singles-Doubles Leagues are 1 doubles set, followed by 1 singles set. **You are responsible for finding a sub each week if you cannot play.**

Mondays 6:00pm-7:30pm (3.0 Doubles)  
Thursdays 7:30pm-9:00pm (3.5 Doubles)  
Saturdays 4:00pm-5:30pm (4.0 Singles-Doubles)

Cost: Varies based on number of weeks of play  
Contact Lisa: 636-293-0886

## MEN'S TENNIS CLINICS & LEAGUES

### Men's Clinic

For 3.0-4.5 men that are looking to improve their game. Includes 1 hr instruction & 1 hr match play.

Saturdays 9:00am-11:00am

Sessions: Sept 7<sup>th</sup> – Oct 26<sup>th</sup>, Nov 2<sup>nd</sup> – Dec 21<sup>st</sup>  
Cost: \$240 for each 8-week session (members only)  
Contact Wynn: 314-517-1719

### Men's CAC Singles-Doubles Leagues

Format is 1 doubles set, followed by 1 singles set. **You are responsible for finding a sub each week if you cannot play.**

Mondays 8:00pm-9:30pm (3.0-3.5)  
Mondays 8:00pm-9:30pm (3.5-4.0)

Schedule: Matches are every other week  
Cost: Varies based on number of weeks of play  
Contact Lisa: 636-293-0886

## COED CARDIO CLINICS

### Live Ball

Looking for a FUN fast-paced tennis workout? This doubles-style game will test your stamina, endurance, and reaction time. Offered year-round.

Tuesdays 5:30pm-6:30pm (2.5-3.5)  
Tuesdays 6:30pm-7:30pm (3.5-4.0)  
Saturdays 12:00pm-1:30pm (3.0-4.0)

Cost (1 hr): \$20 members / \$30 nonmembers  
Cost (1.5 hr) : \$28 members / \$38 nonmembers  
Instructors: Wynn Criswell (314-517-1719)  
Tao Cui & Taylor Tyre

### Game Drills

This clinic offers doubles and singles game drills that mimic match-like situations in a fun and active environment. Level: 3.0-4.5

Thursdays 6:00pm-7:30pm (Sept 5<sup>th</sup> – Dec 19<sup>th</sup>)

Cost: \$25 members / \$35 nonmembers  
Instructors: Brian Kirk (314-681-1513) & Mark Zolman

## CLINIC POLICIES

### Advanced registration is required for all Adult Tennis Clinics.

Weekly drop-in clinics:

- Contact the instructor each week to reserve your spot.
- Clinics are not first-come, first-serve. CAC members always have priority.
- A \$10 cancellation fee can be assessed at the instructor's discretion if less than 24 hrs notice is provided.
- **All no-shows and cancellations with less than 4 hours notice will be billed for the full price of the clinic.**

Session based clinics:

- Complete the Registration Form on the reverse side of the brochure and turn into the Front Desk.
- Session fees are billed based on your start date in the clinic and are not based on number of clinics attended.