

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

Class: _____

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Class: _____

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

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

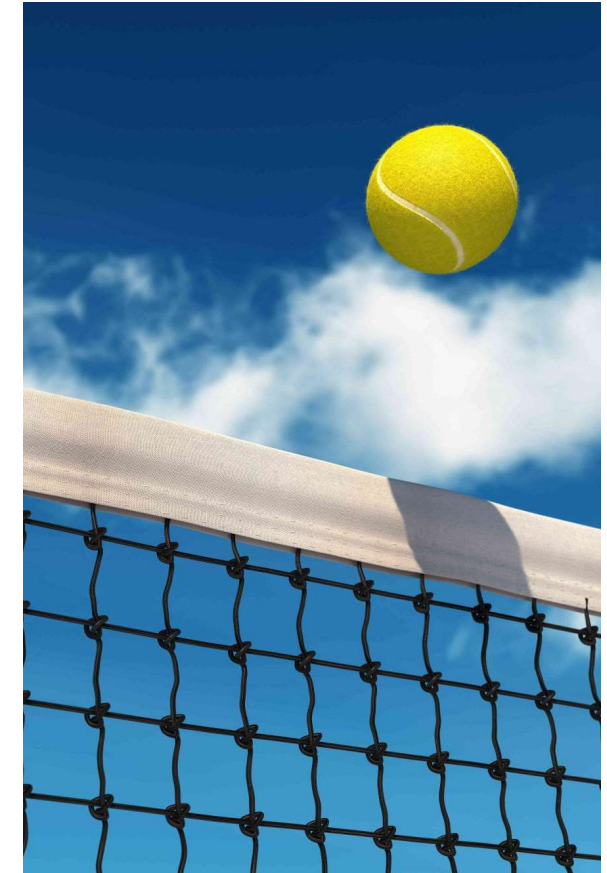
USTA

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 WINTER/SPRING 2025



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 (Jan 2nd – May 29th)

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 (Jan 6th – May 12th)

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

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 (Jan 8th – May 28th)

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 (Jan 6th – May 26th)

Wednesdays 12:00pm-1:30pm (Jan 8th – May 28th)

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 (Jan 6th – May 19th)

Wednesdays 6:00pm-7:30pm (Jan 8th – May 21th)

Cost: \$360 for 20-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: Jan 4th – Mar 8th, Mar 15th – May 17th

Cost: \$300 for each 10-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-8:00pm (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),
Mike Schaaf, 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 (Jan 2nd – May 15th)

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.