

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: _____

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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 extras:

- 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 (min 2 men & 2 women 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



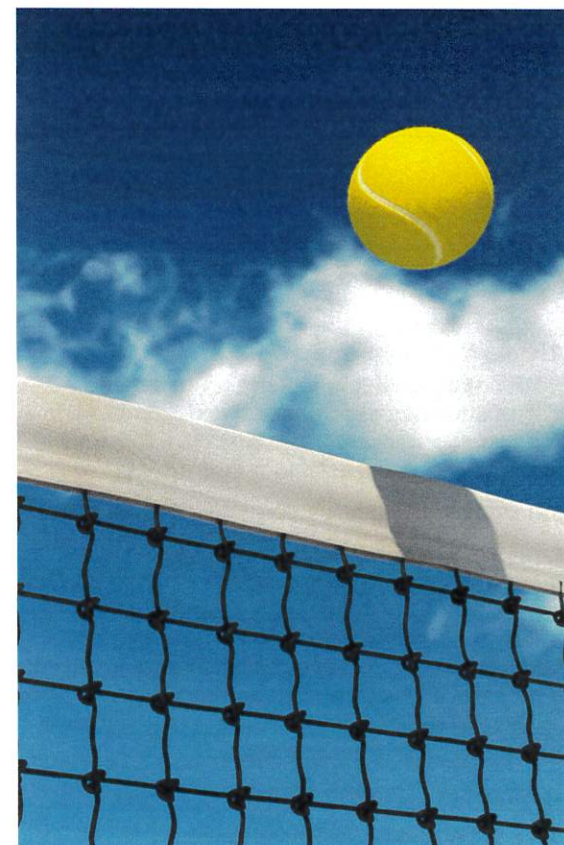
CHESTERFIELD
ATHLETIC CLUB

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CHESTERFIELD
ATHLETIC CLUB

ADULT TENNIS GUIDE WINTER/SPRING 2024



COED INSTRUCTIONAL CLINICS

Beginner/Advanced Beginner – Learn & Play

Kickstart your game by learning the fundamentals and then incorporating them into game play scenarios. Includes 1 hr instruction & 1/2 hr of game play.

Thursdays 6:00pm-7:30pm (Jan 4th-May 16th)

Cost: \$34 members / \$39 nonmembers

Instructor: Tao Cui (314-600-8865)

Winning at Doubles with Kirk

Learn how to win more matches! Clinic focuses on consistency, ball placement, court positioning, and shot selection for doubles match scenarios. Bring your partner/teammate for maximum benefit (3.0-4.0)

Tuesdays 9:30am-11:00am (Jan 2nd-May 14th)

Cost: \$34 members / \$39 nonmembers

Instructor: Kirk Schaaf (818-749-5333)

Singles Drills

Singles specific clinic for 3.0 to low 4.5 players designed to help players improve their game through drills, instruction, & match play (limited # of players per court).

Saturdays 7:30am-9:00am (Jan 13th-March 30th)

Cost: \$35 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 (Jan. 3rd-May 15th)

Cost: \$25 members / \$30 nonmembers

Instructor: Tao Cui (314-600-8865)

Unwind After Work with Tao

Lots of hitting and lots of 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 3rd-May 15th)

Cost: \$34 members / \$39 nonmembers

Instructor: Tao Cui (314-600-8865)

WOMEN'S TENNIS CLINICS & LEAGUES

Ladies Intermediate Clinic

For 2.5-3.0 players that are wanting to improve their game. Work on mastering mechanics & learn basic strategy too.

Mondays 11:00am-12:30pm (Jan 8th-May 13th)

Wednesdays 12:00pm-1:30pm (Jan 3rd-May 15th)

Cost: \$34 members / \$39 nonmembers

Instructor: Mike Schaaf (314-397-3489)

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

Wednesdays 6:00pm-7:30pm

Session Dates: Jan 3rd- May 8th (19 weeks)

Cost: \$342 for 19-week session (members only)

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 Taylor: Taylor.chesschamp@gmail.com

MEN'S TENNIS CLINIC AND 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 13th-March 9th, March 16th-May 11th

Cost: \$252 for each 9-week session (members only)

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 Taylor: Taylor.chesschamp@gmail.com

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 / \$25 nonmembers

Cost (1.5 hr) : \$28 members / \$33 nonmembers

Instructor: Wynn Criswell (314-517-1719)

Game Drills

This clinic offers doubles and singles game drills that mimic game-like situations in a fun and active environment for the 3.0-4.5 player.

Mondays 9:00am-10:30am (Jan 8th-March 25th)

Thursdays 6:00pm-7:30pm (Jan 4th-March 28th)

Cost: \$25 members / \$30 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. Note that a cancellation fee can be assessed at instructor's discretion if less than 24 hrs. notice is provided.

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, not on actual attendance.