

PRIVATE AND GROUP LESSONS

Meridian Sports Clubs Rolling Hills has five certified teaching professionals that are all available for private and group lessons throughout the week. Most lessons can be scheduled at a time convenient for you. We can also arrange team clinics and/or round robins. The following is the rate for private and group instruction.

	Member	Non-Member
Private Lessons	\$60/hour \$35/1/2 hour	\$70/hour \$40/1/2 hour
Semi Private Lessons (2 people)	\$70/hour	\$80/hour
Group Lessons (4 people)	\$68/hr \$17/ea	\$80/hr \$20/ea
Group Lessons (6 people)	\$84/hr \$14/ea	\$96/hr \$16/ea
Group Lessons (8+ people)	\$96/hr \$12/ea	\$112/hr \$14/ea

Discount: A member paying for five or more lessons will receive a 10% discount per lesson (i.e. series of five privates would be \$270 rather than \$300)

TEACHING PROFESSIONALS

Fern, Director of Tennis, Certified Teaching Professional
 Pauline Hanson, Certified Teaching Professional
 Tony Delario, Certified Teaching Professional
 Leora Grimshaw, Certified Assistant Teaching Professional
 Amina Doar, Certified Assistant Teaching Professional



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 #58

351 San Andreas Drive
 Novato, CA 94945

RETURN SERVICE REQUESTED



Winter/Spring 2010 ADULT INSTRUCTIONAL TENNIS PROGRAM

"Learn the Game of a Lifetime!"



351 San Andreas Drive
 Novato, CA 94945
415.444.9515

www.meridiansportsclubs.com

PROGRAM PHILOSOPHY

The Adult Instructional Program is intended to give all members of MRHC an opportunity to learn the "Game of a Lifetime". We offer classes and clinics that meet all levels and interests of play.

ADULT HIGH PERFORMANCE

This is a fast, high-paced workout for players 3.0 to 4.0. Classes are Drop-in format on Saturdays 8:30-9:30 am and Wednesdays 6:30-8 pm.

ADULT TRAINING ACADEMY

This 4-week academy is for players who are working to improve technical skills and are not afraid to make changes to their game. This learning-intense program will target all strokes and work to ensure proper footwork and balance.

BEGINNER STROKE DEVELOPMENT PROGRAM

This program is designed to give each player a foundation that will ensure proper stroke development. Technical development skills will be the focus of this program and will put you on a path for lifetime improvement. Limited to 6 people.

DRILL & PLAY

Fun format where players drill for 45 minutes and then play for 45 minutes. Strokes & playing strategies are emphasized. These classes are on a drop-in basis and are 1.5 hours/week. Classes are offered weekday mornings and evenings. Limited to eight students.

3.0 Drill & Play - USTA 3.0 level players or with at least one year of playing experience. The ability to sustain a rally, to consistently get serves in and the knowledge of basic doubles strategy is required.

3.5 Drill & Play - USTA 3.5 level players or above who are advanced and have had significant playing experience. The ability to place shots, serve consistently and advanced doubles play and strategy is required.

SATURDAY FREE DROP IN CLINIC

This clinic is offered most Saturdays 11am-12:30pm and is FREE to Tennis Members/\$10 Fitness Members/\$13 Non-members. No pre-registration is needed. You'll do drills, hit a lot of balls and play a variety of games..

CARDIO TENNIS

Fun, fast paced, aerobic workout to music. Players hit a lot of balls. Players must be 3.0 or above & in good condition. Classes offered Tuesday at 9am (drop-in) & by special e-mail announcements.

WINTER/SPRING 2010 ADULT INSTRUCTIONAL PROGRAM

Classes run continuously in four class sessions. Students are responsible for entire fee if they miss classes. Classes may be made up on a space available basis.

Please mark the classes & sessions you desire (below) and fill out registration form. Leave form at Front Desk or FAX to 415.897.9415

*** ALL CLASSES BEGIN JANUARY 11, 2010.**

ADULT HIGH PERFORMANCE <u>Cost \$10member \$13 non-member</u> Drop-In Format Wednesdays 6:30-8:00pm
ADULT TRAINING ACADEMY <u>Cost \$79 member \$96 non-member</u> 4-week program * Wednesdays 6:30-8:00pm or Saturdays 1:00-2:30pm Limited number of students
BEGINNER STROKE DEVELOPMENT PROGRAM <u>Cost \$99 member \$129 non-member</u> 4-week program * Saturdays 9:30-11:30am Limited to 6 students
DRILL AND PLAY CLASSES <u>Cost \$18.75 \$23.75 non-member</u> Drop-in Format <i>3.0 Drill & Play Classes. Drill for 45 minutes, play for 45 minutes.</i> Fridays 10:30am - 12noon <i>3.5 Drill & Play Classes. Drill for 45 minutes, play for 45 minutes</i> Fridays 9 - 10:30am
CARDIO TENNIS CLASSES <u>Cost \$10 \$13 non-member</u> Drop-in Format Tuesdays 9~10am

REGISTRATION FORM

NAME: _____

CLUB NUMBER: _____

DAY PHONE: _____

EVENING PHONE: _____

EMAIL ADDRESS: _____

(USED ONLY FOR CONTACTING)

METHOD OF PAYMENT

- CLUB CHARGE _____
- CASH
- CHECK ~ CHECK NUMBER _____
- CREDIT CARD ~ MC _____ VISA _____ AM EX _____
CARD NUMBER _____
EXPIRATION DATE ____/____/____

Please mark the session and classes you wish to attend and fill out the above Registration Form. Drop off at the Front Desk or mail to:

Meridian Rolling Hills Club Tennis Department
351 San Andreas Drive
Novato, CA 94945

All checks should be made to MRHC. For more information or questions contact Fern Ruth in the Tennis Department at 415.444.9515 or email:

fern@meridiansportsclubs.com

----- (office use only) -----

POS # _____ DATE: _____

STAFF: _____