

2009 - 2010 Indoor Season

Activity Guide

Revised February 4, 2010

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www.courtone.com

Court One East • 517-349-1199 • 2291 Research Circle • Okemos • 48864

Court One North • 517-372-9531 • 1609 Lake Lansing Road • Lansing • 48912

Hours of Operation

Club Hours*

Effective Tuesday, September 8, 2009

Monday - Friday 5:30 AM - 10:30 PM

Saturday & Sunday 7:00 AM - 10:30 PM

East Indoor Pool*

Monday - Friday 5:30 AM - 10:15 PM

Saturday & Sunday 7:00 AM - 10:15 PM

Supervised hours:

Monday & Wednesday 6:00 PM - 8:00 PM

Saturday 9:00 AM - 12 Noon

East Nursery Hours*

Infants younger than 6 months are not permitted.

Each visit is limited to 1½ hours per child per day.

Monday - Friday 8:30 AM - 1:30 PM

Monday - Friday 5:00 PM - 8:30 PM

Saturday 8:30 AM - 12:30 PM

Sunday 10:30 AM - 2:30 PM

North Youth 4 Life Hours*

Monday - Friday 9:00 AM - 8:00 PM

Saturday & Sunday 9:00 AM - 3:00 PM

** Holiday hours will be posted at our member service desks.*

Children at Court One

Fitness Center

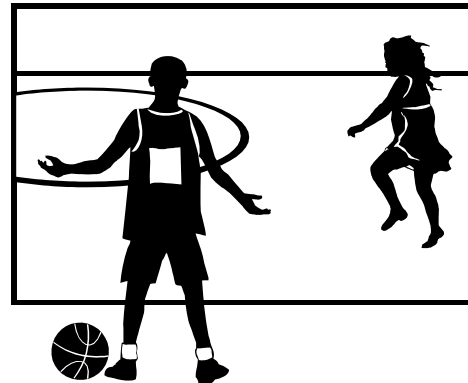
A fitness center orientation is recommended for all fitness center participants.

For their safety and well-being, children 11 and under are not permitted in the fitness center. Youths between the ages of 12 and 15 may participate either during supervised fitness center hours or under the direct supervision of a responsible adult. Call either Court One location to schedule an appointment for a fitness center orientation.

Improper use of the equipment or horseplay may result in the suspension of membership privileges.

Gymnasium

Youths ages 7-14 may participate in gym activities during designated gym hours, while the fitness center is supervised, or under the direct supervision of a responsible adult. If you plan to bring more than two guests to the gym, you must make prior arrangements with the Director of Fitness.



Indoor Pool

Children ages 7-14 may swim during supervised swim hours. Children ages 6 and under may swim only under the direct supervision of a responsible adult.

Guests at Court One

Nonmembers are welcome at Court One when accompanied by a member. Members are responsible for properly registering their guests at the service desk and for payment of the appropriate guest fee. The current guest fee is \$9.00 per visit. Tennis court rental fees are not included in the guest fee.

COURT ONE YOUTH 4 LIFE

With growing concerns of childhood obesity, keeping kids active is the worry of many parents. Keeping it on the minds of kids is an even bigger challenge.

Court One's Youth 4 Life is on the right track with exercise activities. This is a hot new exercise concept that combines video technology with calorie-burning workouts. This concept is said to be "The Next Generation in Fitness for Kids." Court One's virtual reality-inspired workouts are geared with the interests of children ages 3 to 12. Video monitors are wired to fitness equipment, making the experience both mentally and physically interactive. Kids can race bikes through mountainous landscapes and sharpen eye-hand coordination with hand-to-hand virtual pro sporting events. Court One's Youth 4 Life also offers a large climbing area where kids can run through alligator alley, crawl through caves, balance on wobble hoppers, and much more ... all under the supervision of Court One staff!

Play area for kids 3 - 12 years of age



The Court One Youth 4 Life has

- Alligator Alley
- Cave Crawl
- Criss Cross
- Fun Forest
- Jump Pod
- Ride Ranger
- Spiral Slide
- Skate Ranger
- Wall of Wii
- Wobble Hopper
- and much more



Hours of Operation

Monday - Friday
9:00 AM - 8:00 PM

Saturday & Sunday
9:00 AM - 3:00 PM

Pricing

Members	\$3.99	per hour – 1st child
	1.00	per hour – add'l children
Nonmembers	4.99	per hour per child

Parents may leave their children to play while they exercise. Youth 4 Life is supervised during hours of operation.

Court One Birthday Parties

Birthday parties at Court One East offer the ease and convenience for which you've been looking. All parties include setup and cleanup. You can choose from swimming, tennis, or gym parties. A gym party can be tailored to include the activities of your choice. You can choose from basketball, volleyball, kickball, floor hockey, soccer or other indoor activities based on your child's preferences. Parties must bring their own decorations, food, and cake.

For additional information or to schedule your party, contact Shannon Evans at 349-1199.



Swim Party

Includes lifeguard supervision for 1 hour

Up to 10 children:	Member \$109	Nonmember \$129
11 - 20 children:	Member \$189	Nonmember \$229

Gym Party

Includes gym supervision and coordination for 1 hour

Up to 10 children:	Member \$109	Nonmember \$129
11 - 20 children:	Member \$189	Nonmember \$229

Swim and Gym Party

Includes lifeguard supervision & gym supervision

Up to 10 children:	Member \$129	Nonmember \$159
11 - 20 children:	Member \$229	Nonmember \$279

Tennis Party

Includes 1 hour of tennis instruction for up to 10 children with a Court One tennis pro

Up to 10 children:	Member \$129	Nonmember \$159
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Tennis and Swim Party

Includes 1 hour of tennis instruction with a Court One tennis pro and lifeguard supervision for 1 hour

Up to 10 children:	Member \$159	Nonmember \$199
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Tennis and Gym Party

Includes 1 hour of tennis instruction with a Court One Tennis pro, gym supervision and coordination

Up to 10 children:	Member \$159	Nonmember \$198
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Additional Party Time

Each additional hour of pool, gym, tennis court, or classroom time:

Member \$49	Nonmember \$53
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Birthday parties at Court One North's Youth 4 Life offer the ease and convenience for which you've been looking. All parties include exclusive use of the Youth 4 Life area, table use for cake and presents. Parties must bring their own decorations and cake.

Court One will supply:

- exclusive use of the Youth 4 Life
- tables and chairs
- bottled water

You bring:

- decorations
- cake and candles

Additional options:

- Court One party helper & use of the Wii center: \$30
- table cloths, paper towels, plates, cups and forks (pricing as arranged)
- pizza and / or subs (pricing as arranged)

For additional information or to schedule your party, contact Shannon Evans at 372-9531.



Group Exercise Classes

The most important muscle in your body is your heart. These classes are designed to strengthen the heart and increase cardiovascular capacity and endurance, and improve overall muscle tone. Court One instructors have been trained and certified in CPR and group exercise curricula. The heart rate is monitored in each class to be certain that all participants are gaining maximum benefit from each class. Classes can be geared to meet each individual's needs. Safety, control and technique are emphasized in all classes.

Cardio Classes

Max 90

A high energy class! Max 90 utilizes step, high/low choreography, and occasional slide combinations for a great cardio workout. The last 30 minutes will be body toning and sculpting using weights, bands, tubes, and Swiss balls. All levels of fitness are welcome.

Cardio Blast

NEW!

This class is a highly efficient cardiovascular workout. Participants will work with different patterns and combinations utilizing high-intensity, low-impact aerobic movements. An abdominal workout and stretch will follow to make the class complete. All levels of fitness are welcome.

Step & Sculpt

A real fat burner! A 60-minute powerful workout alternating cardio step aerobics with strong weight lifting segments for a total body workout. Prior stepping experience is recommended.

Total Body Step

A great cardiovascular workout designed to utilize the lower body muscles. A variety of patterns, creative combinations and movements are incorporated. Beginners are welcome to join this class. An abdominal routine and stretches are included following the cardio segment.

Step, Strike, Sculpt

Cardio step and kickboxing mixed! A high-energy workout. Sculpt and define to burn fat and add definition.

Cardio Kickboxing

An explosive cardio experience pulling from the essentials of Tae Kwon Do, boxing and aerobics. Jabs, upper cuts and hooks will maximize your upper body strength. Kicks (front, back, and side), jump roping, and quick strategic footwork will keep your heart pumping!

Zumba

The big dance / aerobic craze! Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. Enjoy!

Cardio Bosu

The first 30 minutes include an energetic cardiovascular workout with the use of a bosu. The second 30 minutes incorporates muscle sculpting and balance work with the bosu. Enjoy the challenge!



Circuit Challenge

Go, go, go! from one station to the next! A full cardio workout mixed with a complete sculpting program. Fire up! All levels welcome.

Combo 20-20-30

This is a complete package class! Twenty minutes of cardio, twenty minutes of sculpting, and thirty minutes of core. Intense & challenging! Enjoy!

Core Fitness

Pilates Matwork

Strengthen and tone your entire body with this challenging "core body" workout taught on mats. Beginners are welcome.

Pilates Ballwork

Carve your body with this ultimate pilates workout. Strengthen, sculpt and define your core body. See the inches peel. (Balls are provided)

Ultra Core

Strengthen and define your core with this class using weights, pumps, bands, and pilates exercises. Be ready to work!

Pilates Rings

Improve your core strength, control, coordination, and balance through this 60-minute Pilates class. Participants must have prior matwork experience. (Rings are provided)

Core Fusion

A total core pilates class fused with strength conditioning. Experience this ultimate body workout. A very challenging class!

Pilates Core Training

NEW!

Ready, set, go! Be ready to work! The ultimate core challenge is here! Equipment is provided.

Abdominals Plus

This class takes you through a complete abdominal workout, concentrating on upper and lower abdominals, along with the obliques. It is excellent for firming up the midsection. This class is a 15-30 minute workout added to select cardio classes.

Swiss Ball Training

A 40-60 minute intense strengthening and toning class which works the abdominal muscles, the lower body and the upper body large muscles. Swiss balls provided.

Strength and Definition

Pump & Tone & Power

All the rage! This class is a high-energy group weight training program. Adjustable weight bars offer you options of lifting from 5 - 20 pounds during class. Beginning to advanced participants are welcome. Burn fat!

Strength Condition & Definition

This class will focus on isolation of each of the major muscle groups by using an assortment of free weights, bands and swiss balls. All equipment is provided.

Intense Cross Training

Major muscles will be trained in this class. Muscle strength and endurance will be improved using free weight exercises and occasional use of bands and tubes. All fitness levels are welcome.

NEW!

Mind and Body *(Yoga mats provided.)*

Yoga / Fitness

Enjoy deep muscle body conditioning exercises and techniques which can improve posture, flexibility, and develop body-mind awareness. A wonderfully relaxing and addictive class.

Yoga / Flow

This intense fast-paced class provides the body-mind benefits of yoga exercise in a vigorous format to give you an overall conditioning class to improve balance, flexibility and strength, unify the mind with body and breath.

Yoga / Stretch

This relaxing body-mind wellness class offers traditional yoga poses and stretches. This calming ambience enhances flexibility, peacefulness and synergy between body and mind.

Stretch

Enjoy a 60-minute full-body deep stretch. Relax and rejuvenate!

Mind & Body Yoga

This class is for the yoga enthusiast that can appreciate challenging yoga poses and deep meditation for the mind. Similar to yoga studio methods. Enjoy.

Spinning Classes

Spinning*

Cycle enthusiasts, are you looking for a challenge? This class will include a warm-up, 40 minutes of cycling, followed by a cool down and stretch.

Phase I - Basic spinning includes seated flat rides, seated and standing hills, running, jumping, sprinting. All levels of fitness are welcome.

Phase II - Advanced spinning utilizes all of the basics plus advanced powerful drills and challenging cycling rides. Prior spinning experience is recommended.

Registration is available on a "same day" basis. *There is a \$3 fee per class. (Omni Plus members are free of charge.) All classes are taught by certified instructors. Please bring a water bottle.

Spin - The Journey*

An advanced cycling session held for 60 minutes. Prior spinning experience is recommended. *There is a \$3 fee per class. (Omni Plus members are free of charge.) Registration is available on a "same day" basis.



Aquatic Fitness Programs

Aqua Awakening

A great class to get you moving in the morning. Join us in the pool for a low impact 60-minute workout that gets your heart pumping. This class is for both swimmers and non-swimmers. Participants will move through a cardiovascular workout adding in strengthening, flexibility, and abdominal exercises. A great way to cross train and make new friends.

Cardio-Resistance H₂O

Men and women alike will be sweating to the high intensity, non-choreographed cardio workout in this aquatic class. Enjoy the benefits of water while working on cardiovascular endurance and strength training.

Aqua Boot Camp

This course offers another way to meet the fitness needs of the water exercise enthusiast. No fluff, no frill, just skills and drills. This course is perfect for males, females and all who are choreography challenged. The properties of water will be used to help achieve an excellent workout. Aerobic and strength training exercises will be utilized, including hopping, jumping, leaping, sprinting, as well as speed, power, balance, hand-eye coordination and explosion drills.

Group Exercise Schedule

Holiday class schedules will be posted on aerobic area bulletin boards.

** Attendance requires payment of an additional fee; this fee is waived for Omni Plus members for all spinning classes.*



	Time	Class	Instructor	Location
Monday	5:45 - 6:55 AM	Combo 20-20-30	Susan Bracamonte	East
	8:45 - 9:45 AM	Aqua Awakening	Susan Bracamonte	East Pool
	9:00 - 10:00 AM	Pilates Core Training	Tess Gray	North
	9:15 - 10:15 AM	Circuit Challenge	Massy Tavakoli	East
	10:30 - 11:30 AM	Yoga / Fitness	Kristin Johnson	East
	12:00 - 12:40 PM	Spinning* (Phase I)	Amanda Infante	East - B
	4:30 - 5:30 PM	Mind & Body Yoga – FREE	Elizabeth Crenshaw	East
	5:30 - 6:30 PM	Zumba	Heather Stevons	North
	5:30 - 6:30 PM	Total Body Step	Bob Murrell	East
	5:30 - 6:30 PM	Aqua Boot Camp	Amanda Landin	East Pool
	6:30 - 7:30 PM	Zumba	Nina Savage	East
	6:40 - 7:20 PM	Spinning* (Phase I) – FREE ride	Adam Purnell	North
	7:30 - 8:30 PM	Yoga / Flow	Autumn Norris	North
Tuesday	5:45 - 6:45 AM	Spin* – The Journey (Phase II)	Alicia Cotey	East
	9:00 - 10:10 AM	Cardio Blast	Susan Bracamonte	North
	9:30 - 10:30 AM	Zumba	Kortni Hannah	East
	10:10 - 11:10 AM	Stretch	Tess Gray	North
	12:00 - 12:40 PM	Spinning* (Phase 1)	Amanda Infante	North
	4:30 - 5:15 PM	Pilates Matwork	Kristin Johnson	East
	5:30 - 6:30 PM	Aqua Boot Camp	Amanda Landin	East Pool
	5:30 - 6:30 PM	Pump & Tone & Power	Bill Wiseman	East
	5:30 - 6:30 PM	Intense Cross Training	Massy Tavakoli	North
	5:30 - 6:10 PM	Spinning* (Phase I)	Nina Savage	East - B
	6:45 - 7:45 PM	Pilates Matwork	Mark Hoover	North
	6:50 - 7:50 PM	Pilates Matwork	Susan Bracamonte	East
	7:50 - 8:50 PM	Yoga / Stretch	Mark Hoover	East
Wednesday	5:45 - 6:55 AM	Combo 20-20-30	Susan Bracamonte	East
	8:45 - 9:45 AM	Aqua Awakening	Susan Bracamonte	East Pool
	9:00 - 10:00 AM	Pilates Core Training	Tess Gray	North
	9:15 - 10:15 AM	Full Body Step	Bill Wiseman	East
	10:30 - 11:30 AM	Yoga / Flow	Mark Hoover	East
	12:00 - 12:40 PM	Spinning* (Phase II)	Mark Hoover	East - B
	4:30 - 5:30 PM	Mind & Body Yoga	Elizabeth Crenshaw	East
	5:30 - 6:30 PM	Cardio Blast	Bob Murrell	North
	5:30 - 6:30 PM	Aqua Boot Camp	Deb Zuckerman	East Pool
	5:30 - 6:30 PM	Zumba	Kortni Hannah	East
	6:40 - 7:40 PM	Ultra Core	Mark Hoover	East
	6:45 - 7:45 PM	Cardio Kickboxing	Autumn Norris	North

	Time	Class	Instructor	Location
Thursday	5:45 - 6:45 AM	Spin* – The Journey (Phase II)	Alicia Cotey	East - B
	9:00 - 10:10 AM	Cardio Blast	Massy Tavakoli	North
	10:30 - 11:30 AM	Butts and Guts	Nina Savage	North
	12:00 - 12:40 PM	Spinning* (Phase 1)	Nina Savage	North
	4:30 - 5:15 PM	Pilates Matwork	Massy Tavakoli	East
	5:30 - 6:30 PM	Aqua Boot Camp	Deb Zuckerman	East Pool
	5:30 - 6:40 PM	Cardio Kickboxing	Autumn Norris	East
	5:30 - 6:30 PM	Pump & Tone & Power	Bob Murrell	North
	5:30 - 6:10 PM	Spin* (Phase II)	Nina Savage	East - B
	6:45 - 7:45 PM	Pilates Matwork	Susan Bracamonte	North
	6:50 - 7:50 PM	Pilates Ballwork	Mark Hoover	East
	7:50 - 8:50 PM	Yoga / Flow	Mark Hoover	East
Friday	5:45 - 6:55 AM	Circuit Challenge	Susan Bracamonte	East
	8:45 - 9:45 AM	Aqua Awakening	Susan Bracamonte	East Pool
	9:00 - 10:00 AM	Pilates Ballwork & Rings	Julie Dillon	North
	9:15 - 10:15 AM	Cardio Blast	Massy Tavakoli	East
	10:30 - 11:30 AM	Yoga / Fitness	Kristin Johnson	East
	12:00 - 12:40 PM	Spinning* (Phase I) – FREE ride	Nina Savage	East - B
	4:30 - 5:30 PM	Core Fusion	Mark Hoover	North
	5:30 - 6:45 PM	Step, Strike, Sculpt	Bill Wiseman	East
	5:30 - 6:30 PM	Spinning* – The Journey (Phase II)	Mark Hoover	North
Saturday	8:15 - 9:45 AM	Max 90	Bob Murrell	East
	9:30 - 10:30 AM	Intense Cross Training	Massy Tavakoli	North
	10:00 - 10:55 AM	Cardio Kickboxing	Bill Wiseman	East
	10:30 - 11:30 AM	Pilates	Tess Gray	North
	11:00 - 11:40 AM	Swiss Ball Training	Bill Wiseman	East
Sunday	8:15 - 9:15 AM	Cardio-Resistance H ₂ O	Deb Zuckerman	East Pool
	9:00 - 10:15 AM	Step & Sculpt + Abdominals Plus	Bob Murrell	East
	10:30 - 11:30 AM	Ultra Core	Mark Hoover	East
	11:40 AM - 12:20	Spinning* – Fat Burner	Mark Hoover	East - B
	4:30 - 5:30 PM	Cardio Kickboxing	Bill Wiseman	East
	4:30 - 5:30 PM	Cardio Kickboxing	Autumn Norris	North



Aquatic Programs

Court One's indoor pool offers a variety of classes for fun, fitness and skill development. Many open swim times will be available for your enjoyment.

Open Swim Times

Lap Swim ... A lap lane is available during supervised and unsupervised open swim times for lap swimming.

Supervised Open Swim ... A supervised open swim time with a lifeguard on duty. Youths 7 - 14 years old may participate without an adult.

Unsupervised Open Swim ... A time for the whole family to enjoy the water. One parent must accompany all children (14 years or younger) into the pool.

East Indoor Pool Hours*

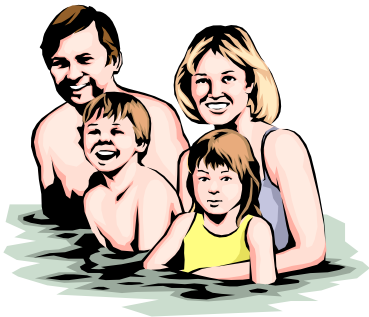
Monday - Friday
5:30 AM - 10:15 PM
Saturday & Sunday
7:00 AM - 10:15 PM

Supervised hours:

Monday & Wednesday
6:00 PM - 8:00 PM
Saturday
9:00 AM - 12 Noon

* Check for holiday hours.

During water aerobics and swim classes, the indoor pool will be open for lap swimming only.



East Indoor Pool Schedule						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
Cardio Resistance H ₂ O 8:15 - 9:15						
	Aqua Awakening 8:45 - 9:45		Aqua Awakening 8:45 - 9:45		Aqua Awakening 8:45 - 9:45	Supervised Open Swim 9 - 12 noon
						Swim Classes 9:30 - 12 noon
During swim classes, the pool will be open only for lap swimming. During water aerobics, we ask that you please stay in the opposite end of the pool and refrain from being too loud.						
Unsupervised Open Swim during all hours						
	Aqua Boot Camp 5:30 - 6:30	Aqua Boot Camp 5:30 - 6:30	Aqua Boot Camp 5:30 - 6:30	Aqua Boot Camp 5:30 - 6:30		
	Swim Classes 6:00 - 8:30 PM Supervised Open Swim 6 - 8 PM		Supervised Open Swim 6 - 8 PM			
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Junior Swim Classes

Swim classes will be held in four-week terms. Each class has limited space available. Registration in advance is required.

Please choose a level that is closest to your child's current ability. At the instructor's discretion, a child may be moved to another level if necessary.

Learn to Swim (ages 5 and up)

Levels 1 & 2

This level is designed to enhance and build on the skills learned in Preschool Aquatics. Learn to Swim Levels 1 & 2 include the same skills as Preschool Aquatics Levels 1-3, except that the child performs each one independently. Some skills include: submerging mouth and blowing bubbles, gliding on front, and rolling to back and floating.

Level 3

This level prepares the swimmer to build endurance in the water by adding distance to their already learned stroke technique. Also, students will orient to deep water by learning to dive. Additional skills include: scissor kick, elementary backstroke, and treading water.

Level 4

This level introduces the remaining strokes (backstroke, breaststroke, butterfly and sidestroke) and also increases endurance for the front crawl. Additional diving, underwater swimming, and treading skills are also enhanced.

Level 5

The expectations are higher for participants now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique. Turns and shallow water dives are introduced, as well as some basic water rescue techniques.

Level 6 – Fitness Swimmer

The expectations are quite high in regards to distance and quality. Additionally, in Fitness Swimmer, you learn principles of training and how to evaluate your own level of fitness. Swimmers will learn to use a pace clock, monitor their heart rate, and learn to use a variety of swimming training equipment.



Term Dates

Monday in 4-week terms:

- 1 September 14 - October 5
- 2 October 12 - November 2
- 3 November 9 - 30
- 4 January 4 - 25
- 5 February 1 - 22
- 6 March 8 - 29
- 7 April 12 - May 3

Saturday in 4-week terms:

- 1 September 12 - October 3
- 2 October 10 - 31
- 3 November 7 - December 5 (*No class on November 28*)
- 4 January 9 - 30
- 5 February 6 - 27
- 6 March 6 - March 27
- 7 April 17 - May 8

East - Swim Class Schedule				
Class	Day	Time	Day	Time
Preschool	Monday	5:00 - 5:30 PM	Saturday	9:30 - 10:00 AM
Level 1	Monday	6:00 - 6:30 PM	Saturday	10:00 - 10:30 AM
Level 2	Monday	6:30 - 7:00 PM	Saturday	10:30 - 11:00 AM
Level 3	Monday	7:00 - 7:30 PM	Saturday	11:00 - 11:30 AM
Level 3 & 4	Monday	7:30 - 8:00 PM	Saturday	11:30 - 12 noon
Adults (Beginners)	Monday	6:30 - 7:15 PM		
Adults (Intermed / Avd)	Monday	7:15 - 8:30 PM		

Tuition		
	Member	Nonmember
Junior Classes	\$36.	\$41.
Adult Classes	54.	61.

Dates and times subject to change.

Parent and Child Aquatics: (infants and toddlers)

These levels are designed for infants and toddlers as an introduction to the water; each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience. Some skills include: submerging and exploring breath control, exploring floating on the back and front, and performing combined stroke on front and back.

Preschool Aquatics (children ages 3-5)

These levels are loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. All skills are performed with instructor support and assistance. Some skills include: submerging mouth and blowing bubbles, gliding on front, and rolling to back and floating.



Private Lessons

This is an exciting alternative to our group swim classes. Your very own swim instructor will give you that personal touch needed to improve your swimming skills. Please contact Court One East to arrange a lesson. Junior Private lesson fees are per half-hour. Adult Private lesson fees are per 45-minutes.

Private Lesson		
	Member	Nonmember
Junior (per 30-min)	\$21.	\$27.
Adult (per 45-min)	32.	41.
Semi-private Lesson (per person)		
	Member	Nonmember
Junior (per 30-min)	\$13.	\$19.
Adult (per 45-min)	20.	29.

Adult Swim Classes

Interested in learning how to swim with better technique and endurance? Sign up to take adult swim lessons. It is a great way to learn how to swim the basics and improve stroke skills. It also can provide workouts for those who would like to swim for fitness and competitions / triathalons. **Adult Beginners** class meets Monday, 6:30 - 7:15 PM in four-week terms. **Adult Intermediate / Advanced** class meets Monday, 7:15 - 8:30 PM.

Term	Dates
Monday in 4-week terms:	
1	September 14 - October 5
2	October 12 - November 2
3	November 9 - 30
4	January 4 - 25
5	February 1 - 22
6	March 8 - 29
7	April 12 - May 3

Tuition	
Member	Nonmember
\$54.	\$61.



North Gymnasium Activities

This schedule of activities will help to assure a pleasant and safe environment, and provide activities for all members, juniors and adults alike. The entire gym is reserved for the scheduled activities unless otherwise noted.

Open Gym

Open Gym works on the two half-court system. Both can be basketball or both volleyball or one half of each. Members fourteen years or younger can participate in open gym only during supervised times, or under the direct supervision of an adult.

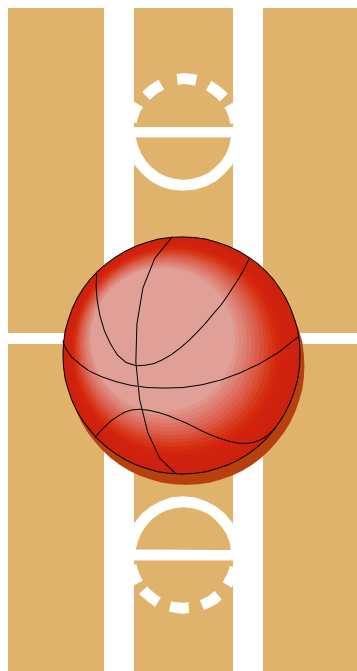
Open Volleyball

Volleyball nets are available to set up for volleyball enthusiasts of all ages, with the assumption that teams will be formed. Ask your fitness center attendant for assistance.

Pickup Basketball

The court is reserved for members, ages 14 or older, to make teams or just shoot around.

BASKETBALL



North Gym Schedule						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
Open Gym will be cancelled during leagues and Basketball Program activities. Call to check gym availability.						
Open Gym 7 AM - 10 PM	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 7 PM	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 6 PM	Open Gym 6 AM - 10 PM	Open Gym 7 AM - 10 PM
Watch for Basketball & Baseball Camps Call for gym availability						
Open Gym 6 AM - 10 PM	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 10 PM
		Over 14 Pickup Basketball 7:30 - 10 PM		Over 14 Pickup Basketball 7:30 - 10 PM		
Sun	Mon	Tue	Wed	Thur	Fri	Sat

Baseball Academy

Court One Athletic Clubs is proud to offer baseball to the greater Lansing community. The Baseball Academy will be offered at Court One North. The program will offer hitting tunnels, Iron Mike pitching machines, L-screens, pitching mounds, individual and multi-player lessons.

Rentals

Option	Duration	Price
Hitting Tunnel	½-hour	\$35.00
Hitting Tunnel	1 hour	60.00
Practice Field	1 hour	40.00
Hitting Tunnel & Practice Field	1 hour	90.00

Individual Player Lessons

	Member	Nonmember
½-hour lesson	\$29.00	\$39.00

Multi-player Lessons *(limited to 2– 4 players)*

	Member	Nonmember
1-hour lesson per student	\$29.00	\$39.00

Court One Baseball Academy is proud to introduce Coach Travis Gulick

- Instructor / Coach for the Baseball of Academy of Mid-Michigan
- Volunteer Assistant Coach for Central Michigan University
- Played for The Arizona Diamondbacks, Michigan State University, and East Lansing High School

To sign up, contact the front desk at Court One North at 517-372-9531.

If you have any baseball instruction questions, please contact Travis Gulick at 517-372-9531.



**Watch for upcoming
information and clinics!**

Baseball Academy Classes

Court One Baseball Academy offers pitching, hitting, and all position classes for grades K–12.

The first session begins September 1st.

Students can look forward to:

- Batting and hitting instruction in our batting cages
- Pitching skill development
- Skill development & intense baseball drills

Pitching Classes

Pitching classes meet in four-week sessions.

Minors: grades 3 - 8 Thursday, 6 - 7 PM

Majors: grades 8+ Tuesday, 6 - 7 PM

Price: Members \$89 Nonmembers \$99

Hitting Clinics

Hitting classes meet in four week sessions.

Minors: grades 3 - 8 Tuesday, 5 - 6 PM

Majors: grades 8+ Thursday, 5 - 6 PM

Price: Members \$89 Nonmembers \$99

All Position Classes for Minors

The All Position Class for Minors is offered as an after school program or as a weekend warrior program in four-week sessions.

After School Program

Minors: grades 3 - 8 Monday & Wednesday, 4 - 5 PM

Price: Members \$179 Nonmembers \$199

Weekend Warrior Program

Minors: grades 3 - 8 Saturday & Sunday, 12 - 1 PM

Price: Members \$179 Nonmembers \$199

Fielding Class

Minors: grades 3 - 8 Friday, 5 - 6 PM

Price: Members \$89 Nonmembers \$99



Basketball Academy

Court One Athletic Clubs is proud to offer basketball to the greater Lansing community. The Basketball Academy is offered at Court One North and Court One East with individual lessons available at both Court One locations. This program includes individual and group lessons, seminars and clinics. The Academy is structured for all ages - children to adults.

Court One Basketball Academy coach

Coach Carlton Valentine was a High School All American at De Matha Catholic High School in Washington D.C. He was a 4-year letter winner at Michigan State University 1984-1988. Carlton was team Captain and MVP in 1988 after leading MSU in scoring and rebounding. Carlton played professionally in the WBL and in Europe for 5 years. He is currently a head coach for Sexton boys varsity high school basketball and the founder of the Court One Basketball Academy.

Private Basketball Lessons

Get one-on-one personalized attention to improve your game! To schedule a lesson, contact Carlton Valentine at Court One North.

Individual Private Lesson

Member	\$45/hr
Nonmember	\$50/hr

Group Lesson (minimum of 5 in a group)

Member	\$30/hr per person
Nonmember	\$35/hr per person

Boys Basketball Skills Training

Who: Boys grades 4-8
When: September 12 - October 17 (6 weeks)
Day: Saturdays
Time: 3 - 5 PM
Where: Court One North
Cost: Members \$99 Nonmembers \$119

**Watch for upcoming
information and clinics!**

What is "Hoop Heaven"?

"Hoop Heaven" is the new outdoor basketball court facility located at Court One North.



Skills, Drills and Play

Who: Boys & Girls, grades 9-12
When: September 14 - October 18 (6 weeks)
Day: Mondays
Time: 5 - 6:30 PM
Where: Court One North

Cost: Members \$99 Nonmembers \$119

Skills and Drills

- ball handling
- shooting off the pass
- shooting off the dribble
- shooting time acceleration moves
- change of direction acceleration moves
- rebounding, defense
- and much more!





Mid-Michigan Fall High School Basketball League

Who: Boys, grades 9 - 12
Girls, grades 9 - 12
When: September 20 - October 25
Games will be held Sundays, Mondays, & Wednesdays.
12 game season
Where: Court One Athletic Clubs & Lansing Eastern HS
Cost: \$360 per team

Call and confirm ASAP as spaces are limited. For more information, please contact Carlton Valentine, 372-9531, or Rod Watts, 763-3677.

InsidePrepSports.net The Elite 80 Mini-Camp Showcase

This mini-camp will be limited to 80 High School players. There will be college coaches from D2, D3, NAIA, and Jr. College level schools in attendance to evaluate and help with the stations. Inside Prep Sports has the #1 recruiting service in Michigan, so your name will get out there!

Who: High School boys, grades 9 - 12
When: Sunday, September 20, 2009
Time: 9:00 AM - 4:00 PM
Where: Court One North on Lake Lansing Road
Cost: \$80 (includes dri-fit reversible jersey & shorts)

Send payments via check or money order to: Inside Prep Sports
P.O. Box 43040
Detroit, MI 48234

Gym Rental

The Court One North or East gyms are available for rent during non-programmed times. Contact Carlton Valentine to schedule a gym rental time. The rates are:

	Member	Nonmember
half gym / hour	\$36.	\$49.
full gym / hour	79.	119.

Little Shooters Basketball is back!

When: September 13 - October 18 (6 weeks)
Day: Sundays
Time: 2 - 4 PM
Where: Hoop Heaven at
Court One North
Who: Grades K-3
Cost: Members \$69
Nonmembers \$79



East Gymnasium Activities

This schedule of activities will help to assure a pleasant and safe environment, and provide activities for all members, juniors and adults alike. The entire gym is reserved for the scheduled activities unless otherwise noted.

Parent/Child Gym

The court is reserved for parents and their children to shoot around. Baskets may be lowered to accommodate smaller children.

Pickup Basketball

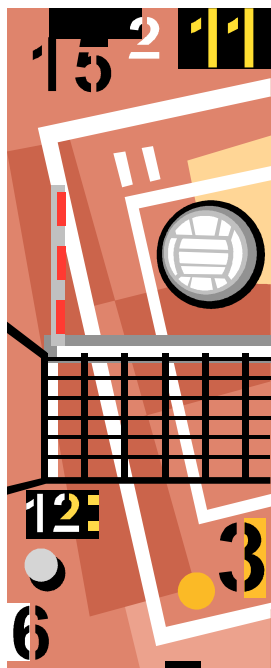
The court is reserved for members, ages 14 or older, to make teams or just shoot around.

Open Volleyball

Half the gym is reserved for members to form teams and play volleyball.

Open Gym

Open Gym works on the two half-court system. Both can be basketball or both volleyball or one half of each. Members, fourteen years or younger, can participate in open gym only during supervised times, or under the direct supervision of an adult.



East Gym Schedule							
Sun	Mon	Tue	Wed	Thur	Fri	Sat	
Open Gym 7 AM - 5 PM	Open Gym will be cancelled during leagues, Basketball and Volleyball program activities. Call to check gym availability.				Open Gym 6 AM - 10 PM	Parent / Child Gym 9 AM - 12 n (red court)	
	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 7 PM	Open Gym 6 AM - 10 PM	Open Gym 6 AM - 7 PM			Open Gym 7 AM - 10:00 PM
						Watch for Camps Call for gym availability	
		Men's 4-on-4 Basketball League 5 - 10:00 PM	Pickup Basketball 7 - 10 PM	Volleyball Practice & Play 7:30- 8:30 PM half court		Pickup Basketball 7 - 10 PM	
				Open Volleyball 8:30- 9:30 PM half court			
Sun	Mon	Tue	Wed	Thur	Fri	Sat	

Adult Basketball Leagues

Men's 4-on-4 Basketball League

The 4-on-4 basketball leagues run for six weeks, and end with a final-four tournament in the seventh week.

League play is at Court One East in Okemos on Sunday nights, 5:00 - 10:00 PM. Fee includes league supervisors and awards.

You may sign up as a team, or sign up individually and we will find you a team. Sign up today! Call Carlton Valentine or Gary Glazier at Court One East or Court One North for additional league information and registration.

The team fee is due by the entry deadline.

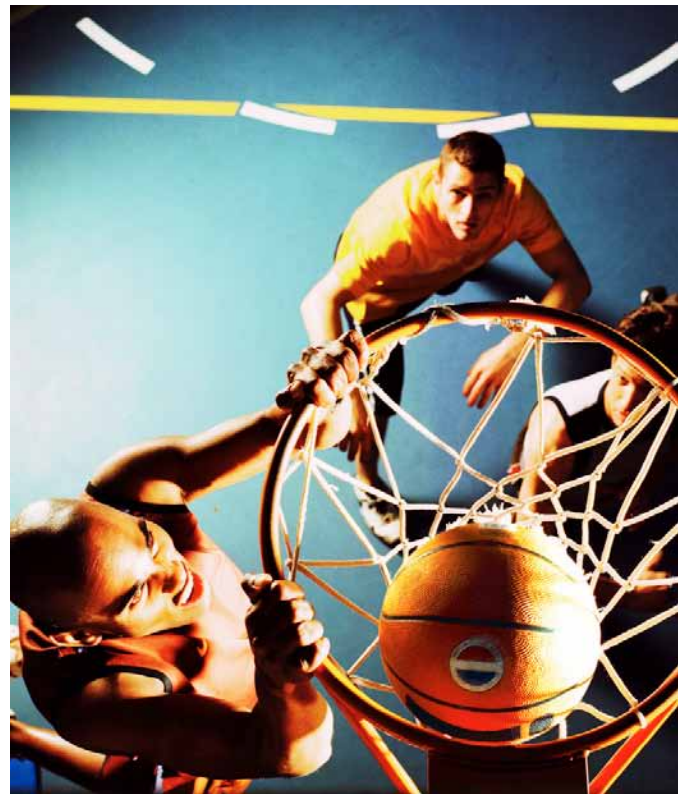
Member* Team: \$170 / team

Nonmember Team: \$255 / team

**3 or more Court One members on the team*

4-on-4 Basketball League Dates

Starts	Entry Deadline
September 13	Friday, September 11
January 10, 2010	Friday, January 8
April 4 2010	Friday, April 2
July 11, 2010	Friday, July 9



Gym Rental

The Court One North or East gyms are available for rent during non-programmed times. Contact Carlton Valentine to schedule a gym rental time. The rates are:

	Member	Nonmember
half gym / hour	\$36.	\$49.
full gym / hour	79.	119.

Volleyball Academy

Volleyball season is just around the corner, so learn to play your best with the Court One Volleyball Academy.

Private Lessons

One-on-one sessions are now available. Private sessions allow more focus to be placed on each aspect of your game. You will learn to improve your skills in setting, serving, passing, foot-work, serve-reception, and attack-reception. Get your whole team together for sessions that will also include team-building skills. To schedule a lesson or for further information, please contact Keith Miller c/o Court One East.

Individual Private Lesson

Member	\$45/hr
Nonmember	\$50/hr

Volleyball Practice & Play

Dates & times to be announced – check for flyer.

Court One Volleyball Academy coach:

Keith Miller is presently teaching at Okemos High School. He has coached volleyball for eight years. He enjoys coaching and playing both volleyball and soccer.



**Watch for upcoming
information and clinics!**

Wellness Programs & Services

Massage Therapy

A systematic form of touch working the body's soft tissues. Massage serves to benefit the muscular, nervous and circulatory systems. Full body massage – a relaxing massage from the head to the feet – incorporates deep tissue kneading, several stretches, and relaxation breathing techniques. It is an excellent way to reduce tension and stress. Choose from basic Swedish massage, reflexology, sports massage, trigger point therapy, hot stone massage, muscle isolation techniques, myofascial release, seated massage, and craniosacral release. Massage therapy is available in 90, 60, or 30 minute sessions. Call Carlton Valentine at Court One North for more information or to schedule an appointment.

Massage rates	Length of Session		
	30 min	60 min	90 min
Omni Plus	\$33.	\$57.	\$75.
Member	35.	59.	79.
Nonmember	39.	64.	85.

Hot Stone Massage		60 min	90 min
Omni Plus		\$72.	\$90.
Member		79.	99.
Nonmember		84.	115.



PERSONAL BEST

COURT ONE PERSONAL TRAINING

Not sure what to do when you come to the gym?

Working out, but still not getting the results you want?

Bored with your workout routine?

If you answered "YES" to any of these questions, you need a Personal Trainer!

Whether you want to lose weight, improve endurance, increase muscular strength, or just have fun during your workout, our personal trainers will custom design a one-on-one program to help you reach your fitness goals.

Your workouts will be effective, safe, and physiologically sound. Our personal trainers will guide and motivate you through each training session, emphasizing proper technique to get maximum results. For more information on working with a personal trainer, contact Carlton Valentine at Court One North, or fill out a Personal Best questionnaire at the front desk to set up your first appointment.

Aerobic Class Orientation

Before you go to that first aerobic class, take time for some basic class orientation. Learn how to calculate and take your heart rate, proper body mechanics and what to expect in class. Contact Mark Hoover to schedule an orientation before you attend class.

Fitness Center Orientation

All new members need to go through an orientation. The Fitness Center Staff will demonstrate the proper techniques and usage on a full-body strength training circuit and cardiovascular equipment. Call Carlton Valentine at Court One North to schedule an orientation soon!

Pilates Personal Training

Improve your core strength, stability, coordination, balance and flexibility through Pilates Personal Training (PPT). Whether you're a professional athlete, someone who works out regularly, or someone who works out not-so-regularly, PPT will improve your quality of life and take you to the next level. Call Carlton Valentine at Court One North for an appointment.

Personal Training Rates (1 hour session*)

Personal Trainer [§]	Member	Nonmember
Tess Gray	60.	65.
Kristin Barrett	55.	60.
Derrick Jones	55.	60.
Stephen Alexander	50.	60.
Patty MacDowell	50.	60.
Mark Hoover	39.	44.
Associate Trainer [†]	39.	44.

Note:

If you cancel a personal training session with less than a 24-hour notification, you will be charged for that session.

* A 30-minute option is available.

[§] See the Personal Best bulletin boards for a listing of trainers.

[†] Student of kinesiology, working towards Personal Training Certificate.

Court Rental

Reservations for the indoor courts may be made up to seven days in advance of play.

Tennis and Omni members pay the regular indoor court fee.

Omni-Plus members may play up to two hours of singles, or two hours of doubles, on a reservation made in advance of play. The following restrictions apply:

1. If a court is reserved Monday through Thursday, 4 - 10 PM, **prior to the day** of the reservation, an Omni-Plus member playing on this court will pay the regular indoor court fee with 20% discount applied.
2. If a court is reserved for any time period outside of the above restricted times, an Omni-Plus member playing on this court will pay no court fee.
3. If a court is reserved Monday through Thursday, 4 - 10 PM, **on the same day** of the reservation, an Omni-Plus member playing on this court will pay no court fee.
4. Members may receive one court per membership per day for two hours.
5. Members must give the names and membership level when making the court reservation.

Please Note:

On following dates, our tennis courts will be unavailable for reservation due to tennis tournaments or other special events:

August 14 (East & North)	October 3-5 (East & North)	November 14-16 (East & North)
December 4-5 (East)	February 20-22 (East & North)	May 29-31 (East & North)

Hourly Rate	Every Day 9 AM - 12 noon	Monday - Thursday 6 PM - 10 PM	All Other Times
per court	\$29.00	\$34.00	\$27.00
per singles player	14.50	17.00	13.50
per doubles player	7.25	8.50	6.75

 **All members please note:**

Guests of all members pay the regular hourly court rate, plus any applicable guest fee.

Tennis

Registration in advanced is required for all classes. Payment is due at the time of registration.

All individuals who participate in the Court One Tennis programs must have their parent or guardian sign a Court One Program Registration card before participating in classes. Program Registration cards are available at the tennis desk.



Development Level Tennis Classes

QuickStart tennis format will be used for our development classes. QuickStart teams and match play will be used. QuickStart Tennis is an exciting new play format for learning tennis, designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size. It is divided into two different levels – ages 8 and under and ages 10 and under.

It's the fast, fun way to get kids into tennis – and keep them playing. Classes in this program are designed to help the child enjoy this life long sport by learning the fundamentals, sportsmanship and etiquette.

Ankle Biters will learn the movements of tennis through eye/hand coordination drills, games and ball machine exercises. Your child will develop group work and body movements in a recreational and fun setting. Tennis shoes must be worn.

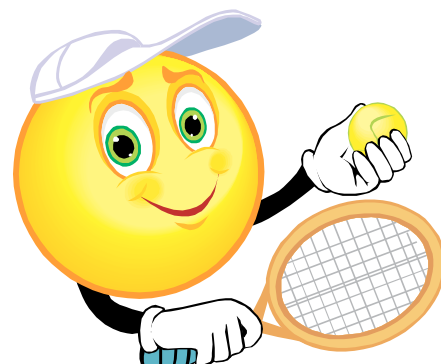
Development classes introduce grips, stroke patterns, timing and movements. All the shots of the game are introduced and developed. Shot selection and footwork are introduced as the player grows and strengthens. Rules and strategies of singles and doubles play are added as the student progresses. The student continues to build on the basic fundamentals as the student continues in the program.

Development Level: Tennis Class Schedule

Class	Ages	Club	Day	Time
Ankle Biters	3 - 4	North	Monday	5:00 - 5:30 PM
		East	Wednesday	4:30 - 5:00 PM
		East	Saturday	12:00 - 12:30 PM
Pee Wee	5 - 6	North	Monday	5:30 - 6:30 PM
		East	Thursday	5:00 - 6:00 PM
		East	Saturday	11:00 AM - 12:00 PM
Rookies	5 - 9	North	Monday	6:30 - 7:30 PM
		East	Saturday	12:30 - 1:30 PM
Points	9 - 12	East	Tuesday	5:00 - 6:00 PM
		North	Thursday	5:00 - 6:00 PM
		North	Saturday	9:00 - 10:00 AM
		East	Saturday	1:30 - 2:30 PM
Games	9 - 12	North	Wednesday	5:00 - 6:00 PM
		North	Saturday	10:00 - 11:00 AM
High Performance QuickStart	7 - 10	East	Monday & Wednesday	5:00 - 6:00 PM

High Performance QuickStart is designed for players looking to advance their game to the tournament level. This class will be structured using the QuickStart format, using low compression balls and shorter courts. Drills and games will focus on match tactics as well as specific skill development. Players must have prior experience with tennis classes or demonstrate the ability to compete at a higher level.

Terms 1 - 7 (5-week terms)		Class	Member	Nonmember
1	September 7 - October 11 <i>No classes on Monday, September 7 (Labor Day). Classes meeting on Monday will make up at a time arranged by the instructor and announced in class.</i>	Ankle Biters	\$34.00	\$42.00
		Pee Wee	68.00	82.00
		Rookies	68.00	82.00
2	October 12 - November 15	Points	68.00	82.00
		Games	68.00	82.00
3	November 16 - December 20 <i>No classes on Thursday, November 26 (Thanksgiving). Classes meeting on Thursday will make up at a time arranged by the instructor and announced in class.</i>	High Performance QuickStart	68.00	82.00
4	January 4 - February 7			
5	February 8 - March 14			
6	March 15 - April 25 <i>No classes will held during Spring recess, Sunday, April 4 - Saturday, April 10. Classes resume on Sunday, April 11.</i>			
7	April 26 - May 30 <i>No classes on Saturday May 29 or Sunday May 30. Classes meeting on Saturday or Sunday will make up at a time arranged by the instructor and announced in class.</i>			



Competitive Level Tennis Classes

Class registration requires approval of a staff professional. In addition to class time, program participants will be scheduled for supervised match play on weekends during the term.

Rising Stars introduces children to tennis as a discipline. Fun and structure are the major elements emphasized.

Varsity Stars is geared to an ability level, not an age level. It is for competitive players looking to excel towards the next level, whether that is on their high school team or in their tournament play. Technical and tactical skills will be the basis of this class. Students will learn to hit each stroke better and how to use them during competition.

Jr. Varsity emphasizes competitive techniques, development of individual playing styles, basic rules, sportsmanship, and etiquette.

Varsity is designed for the high school varsity player emphasizing strategy and tactics.

Competitive Level: Tennis Class Schedule

Class	Ages	Club	Days	Time
Rising Stars	8 - 12	East	Monday	4:00 - 5:30 PM
		East	Wednesday	4:00 - 5:30 PM
		North	Thursday	6:00 - 7:00 PM
Jr. Varsity	10 - 15	North	Sunday	1:00 - 2:30 PM
		North	Monday	4:00 - 5:30 PM
		East	Mon & Weds	5:30 - 7:00 PM
		North	Tuesday	4:00 - 5:30 PM
		North	Thursday	4:00 - 5:30 PM
Varsity	14 - 18	North	Sunday	1:00 - 2:30 PM
		North	Monday	4:00 - 5:30 PM
		North	Tuesday	4:00 - 5:30 PM
		North	Thursday	4:00 - 5:30 PM

Terms 1 - 7 (5-week terms)		Class	Member	Nonmember
1	September 7 - October 11 <i>No classes on Monday, September 7 (Labor Day). Classes meeting on Monday will make up at a time arranged by the instructor and announced in class.</i>	Rising Stars (North)	\$68.00	\$82.00
		1 days per week (90 min)	101.00	121.00
		2 days per week* (3 hrs)	183.00	219.00
2	October 12 - November 15	3 days per week* (4.5 hrs)	274.00	329.00
		daily	26.00	29.00
3	November 16 - December 20 <i>No classes on Thursday, November 26 (Thanksgiving). Classes meeting on Thursday will make up at a time arranged by the instructor and announced in class.</i>	* price reflects a 10% discount for attending 2 or 3 days per week		
4	January 4 - February 7			
5	February 8 - March 14			
6	March 15 - April 25 <i>No classes will held during Spring recess, Sunday, April 4 - Saturday, April 10. Classes resume on Sunday, April 11.</i>			
7	April 26 - May 30 <i>No classes on Saturday May 29 or Sunday May 30. Classes meeting on Saturday or Sunday will make up at a time arranged by the instructor and announced in class.</i>			



Tournament Level Tennis Classes

The tournament program is designed for the junior player actively pursuing year-round competition and sanctioned tournament participation. Intensive workouts, supervised competition, and tournament coordination are structured into these classes.

Placement in this level must be approved by Darren Gronski for Court One East classes.

Tournament Level: Tennis Class Schedule

Class	Club	Days	Time
Jr. Tour	North	Wednesday	4:30 - 6:00 PM
Tour	North	Monday & Wednesday	7:00 - 9:00 PM
Tour	East	Tuesday & Thursday	4:00 - 6:00 PM



Terms 1 - 7 (5-week terms)		Class	Member	Nonmember
1	September 7 - October 11 <i>No classes on Monday, September 7 (Labor Day). Classes meeting on Monday will make up at a time arranged by the instructor and announced in class.</i>	Jr. Tour	\$110.00	\$154.00
		Tour 1 day/wk	135.00	161.00
		Tour* 2 days/wk	243.00	287.00
2	October 12 - November 15	daily	35.00	39.00
		<i>* price reflects a 10% discount for attending 2 days per week</i>		
3	November 16 - December 20 <i>No classes on Thursday, November 26 (Thanksgiving). Classes meeting on Thursday will make up at a time arranged by the instructor and announced in class.</i>			
4	January 4 - February 7			
5	February 8 - March 14			
6	March 15 - April 25 <i>No classes will held during Spring recess, Sunday, April 4 - Saturday, April 10. Classes resume on Sunday, April 11.</i>			
7	April 26 - May 30 <i>No classes on Saturday May 29 or Sunday May 30. Classes meeting on Saturday or Sunday will make up at a time arranged by the instructor and announced in class.</i>			



Junior Tennis Camps

Holiday Camps

Session 1: Court One North and Court One East: December 21 - 23, Monday - Wednesday

Session 2: Court One North and Court One East: December 28 - 30, Monday - Wednesday

Spring Break Camp

Court One North and Court One East: April 5 - 9, Monday - Friday



Junior Tennis Tournaments

USTA Sanctioned Tournaments

The following USTA-sanctioned tournaments will be held at Court One. Be sure to mark them on your calendar! Entry forms will soon be available at each of our tennis service desks.

Fall Junior Satellite

September 18 - 20, 2009

A USTA-sanctioned tournament for BG 10, 12, 14, 16, 18. There is a first-match consolation round. Players in this tournament cannot have a district ranking.

Fall Junior Open

October 2 - 4, 2009

A USTA-sanctioned tournament for BG 10, 12, 14, 16, 18 singles. There is a first-match consolation round.

G18 Indoor

November 14 - 16, 2009

WMTA Junior Indoor Tournament

February 19 - 21, 2010

Court One will host the Boys 14 singles (FMC) and doubles events of the WMTA Junior Indoor. BG10, BG12, G14, BG16, and BG18 singles and doubles events will be held at other indoor sites throughout Western Michigan.

Court One Memorial Invitational

May 29 - 31, 2010

This exciting tournament uses a compass draw format. Matches will take place at various outdoor sites throughout the Lansing area. Entry deadline is May 11.
BG 12, 14, 16, 18

Non USTA-Sanctioned Tournaments

The following is a USTA non-sanctioned event. Entry forms will be available at each of our tennis service desks. Omni-Plus members discount applies only to USTA non-sanctioned events.

USTA Rookie Nets Tournament

TBA

This tournament offers development and competitive non-ranked juniors an exciting and fun-filled event. This is a non-elimination tournament and all players receive multiple opportunities for play without fear of being eliminated if they lose.

USTA Rookie Nets Tournament

March 6, 2010

This tournament offers development and competitive non-ranked juniors an exciting and fun-filled event. This is a non-elimination tournament and all players receive multiple opportunities for play without fear of being eliminated if they lose.



Private Tennis Instruction



Our staff of highly trained teaching professionals is eagerly awaiting the opportunity to work with you and your tennis game. The teacher/student ratio of 1 to 1 is the most effective way for players to maximize their development. In addition, we have structured our private lesson program so that you may select the pro of your choice and the time of your lesson to meet your schedule and budget needs.

Court One Athletic Club Pros	Omni Plus	Member	Nonmember
Shelly Ann Bugg, USPTA, PTR	\$59.	\$62.	\$69.
Mike Fessel, USPTA	59.	62.	69.
Darren Gronski, USPTA, OPTA	59.	62.	69.
Greg Hughes, USPTA	59.	62.	69.
Ryan Whitehill, USPTA	59.	62.	69.

2+, 3+, 4+ Pro Clinic Rates

Our private clinics are the ultimate in group instruction! One or more close friends ...your favorite tennis pro ...drills tailored to meet your needs ...and all at a time of your choosing. For once, you can have it all your way!

Group Size	Omni Plus	Member	Nonmember
2	\$29./person	\$31./person	\$40./person
3	22./person	23./person	25./person
4	18./person	19./person	21./person

Ball Machine Rental

Using a ball machine is a great way to develop the consistency of your strokes. Drill alone or with a friend. Two ball machines are available at each location. Ball machine rental is \$7.00 per hour, in addition to the hourly court fee.



Adult Tennis Instruction

Please Note:

All adult classes, workouts, travel team practices, and practice & plays must have at least 4 or more participants. If there are less than 4, the participants will be charged at the rate for a 3+Pro, a 2+Pro, or for a private lesson.

USA Tennis

This class is for the beginning or returning player who is looking to develop consistency and control, add “specialty shots”, and learn game strategy.

Enrollment is on a weekly sign-up. The weekly fee is \$13.00 for members and \$16.00 for nonmembers.

Club	Day	Time
North	Monday	6:00 - 7:00 PM
North	Tuesday	12:00 - 1:00 PM
North	Thursday	12:00 - 1:00 PM
North	Saturday	11:00 AM - 12 noon

Sunday Night Mixed Doubles with Susan Barry

Learn doubles strategy and use it in games in a fun, relaxed environment; parties included. Improve your games by playing with and against a wide variety of styles and levels of play. Meets weekly on Sunday 7 - 9 PM at Court One East in Okemos. *For players 3.0 - 4.5*

Weekly drop-in and pay: Members: \$10 Nonmembers: \$12

Weekly Workouts

... to sharpen your shots!

Practical practice sessions with the flexibility of weekly sign-ups. Just call our tennis service desks or sign up in person each week. Sessions are open first to Court One members.

Workouts at East	Day	Time	Member	Nonmember
Practice & Play (3.5 & above)	Wednesday	9 - 11 AM	\$24.00	\$30.00
Practice & Play (2.5 & above)	Monday	7 - 9 PM	24.00	30.00
Practice & Play (2.5 & above)	Friday	9 - 11 AM	17.00	20.00
Practice & Play (3.5 & above)	Friday	11:00 AM - 1:00 PM	24.00	30.00
Practice & Play (3.0 & above)	Saturday	9:00 - 11:00 AM	24.00	30.00

Workouts at North	Day	Time	Member	Nonmember
Practice & Play	Wednesday	6:00 - 8:00 PM	24.00	30.00

Cardio Tennis

Benefits of playing cardio tennis

- Participants consistently elevate their heart rates into their aerobic training zone.
- It is much more fun than working out on machine or other fitness activities.
- You get short cycles of high intensity workouts and periods of rest, almost like interval training.
- It is a fun, group activity where players of all abilities enjoy tennis together.
- While you are playing tennis, the focus is primarily on getting a great workout.
- You naturally improve your game because you hit so many balls and repeat various shots.

Cardio Tennis for existing players

There are programs and drills geared for existing player to get a great cardio workout while improving your game.

Cardio Tennis for new players

If you're a beginner, there are locations with specific programs for you. Cardio Tennis is more fun than working out in the gym or other forms of exercise.

Cardio Tennis meets at Court One North on Thursdays 7:00-8:00 PM

Members: \$15 Nonmembers: \$25



Adult Tennis Leagues

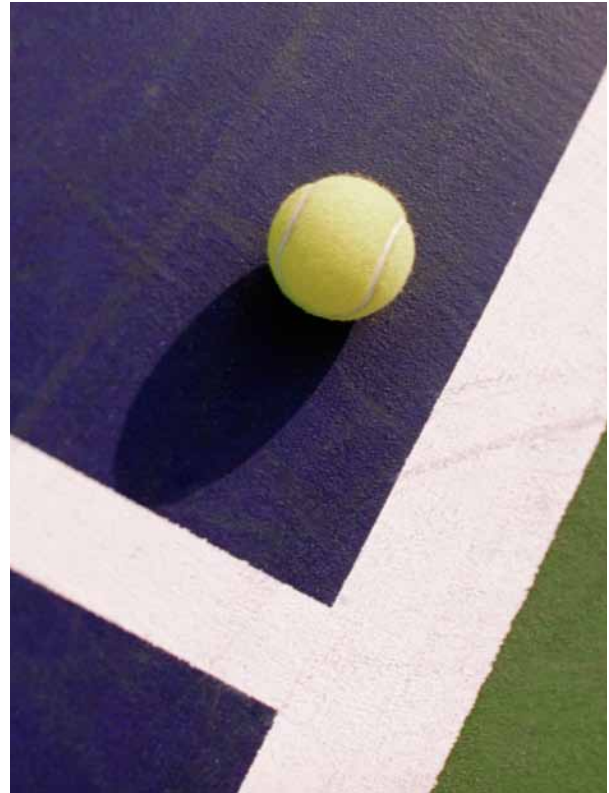
Fall leagues will meet for 14 weeks beginning Wednesday, September 9, and ending Saturday, December 12. Leagues do not meet Wednesday, November 25, through Sunday, November 29. New balls are provided each week and awards will be presented to the winners and runners-up in each league.

Winter leagues will meet for 14 weeks beginning Monday, January 4, and ending Saturday, April 10.

Spring leagues[†] start Monday, April 12, and end Thursday, May 27. League fees for the spring session will be adjusted for the number of weeks the leagues meet and is based on the 14-week league fee. [†]Members who have participated full-time in both a Fall and a Winter league will receive 25% off their Spring league fee.

To register, contact our tennis service desks, contact the league leader, or see Shelly Bugg or Mike Fessel. Shelly and Mike are available for rating advice. New leagues may also be added if you would like to participate in a league at a level or time not listed.

Leagues are open only to members of Court One. League fees are due upon registration.



2009 - 2010 Tennis League Schedule

Ladies' Doubles Leagues

Level	Club	Day	Time	Omni-Plus	Omni	Tennis	Leader
3.5	East	Monday	10 AM - 12 PM	\$205.	\$214.	\$235.	Linda Foster / Betty Vlahakis

Men's Singles Leagues

Level	Club	Day	Time	Omni Plus	Omni	Tennis	Leader
3.0 - 3.5	North	Thursday	8 - 9 PM	\$239.	\$249.	\$275.	Barry Horne
4.0	East	Tuesday	8 - 9 PM	239.	249.	275.	Jim Ecklund

Men's Doubles Leagues

Level	Club	Day	Time	Omni-Plus	Omni	Tennis	Leader
3.0	East	Monday	6 - 8 PM	\$221.	\$231.	\$254.	Barry Horne / Royce Mossholder
3.5	East	Saturday	9 - 11 AM	205.	225.	234.	Dick Winters
3.5	East	Thursday	6 - 8 PM	221.	231.	254.	Vik Shah
4.5	East	Thursday	8 -10 PM	221.	231.	254.	John DeRose

* Court One reserves the right to move players to maintain the integrity and success of the league.

Travel Team Competition

Join a team . . . Join the Fun!

Our travel teams offer the best of everything! Competition at levels from 2.5 to 4.5, weekly team practices to sharpen your game, regular competition throughout Western Michigan, and the opportunity to enjoy tennis as a team sport! Contact any tennis professional to be part of a team.

Court One North

3.5 Men

7.0 Mixed

Captain

Gary Schupp

Gary Schupp

Court One East

3.0 Women

3.0 Women (*senior*)

3.5 Women (*daytime*)

3.5 Women (*senior*)

3.0 Men

4.0 Men

4.5 Men

4.5 Men (*senior*)

9.0 Mixed

Captain

Julie Morrison

Sharon Weaver

Jannus Cottrell

Janie Schneider

Mark Sullivan

Chad Gerrish

Roger Taylor

Jim D'Angelo

Jim D'Angelo

