

Court Fees Effective May 10-Sept. 7
Early Bird: \$10/hour (m), \$12/hour (nm) until 8:30 a.m.
All Courts: \$12/hour (m), \$15/hour (nm) 8:30 a.m.-close
Racquetball, Basketball & Ping Pong:
 \$9/hour (m), \$12/hour (nm)
Wallyball: \$14/hour

BEST VALUE! Court Cards

Effective May 10-Sept. 7
Tennis: 10 hours – \$80 m / \$120 nm
Racquetball/Basketball: 10 hours – \$70 m / \$90 nm
 Unused portions of court cards are non-refundable.
 Card must be shown at time of use.

“Unlimited Play” Tennis Court Card

Individual: \$135 m / \$160 nm
Family: \$250 m / \$285 nm
Senior: \$75 m / \$100 nm
 Pay for only your share of court costs! May be used anytime, except toward program fees. Card must be shown before playing.

Private Lessons

Receive your private lesson by USPTA or Associate Professionals. Leave your name and phone number, along with preferred times, at the Welcome Center.

Hourly Rates

Private* 1 Person.....\$32 + court time
Semi Private 2 People\$20/person + court time
Tri Private 3 People\$14/person + court time
Group Private 4 People\$11/person + court time
Group Private 5 People.....\$9/person + court time

***Special Individual Private Lesson Series:**

Purchase a 10-lesson card and get one lesson free! Combine this with a tennis court card for a possible savings of \$72!

(Lesson card \$320 for 11 lessons)

***30-minute Private Lessons available:**

- \$20 per 1/2 hour. Buy a 10-lesson card, get the 11th lesson free (\$200, save \$20!).
- 30-minutes Semi-Private (2 people) for \$12 per person, plus court time.

The Club reserves the right to give an occasional lesson on outdoor courts.

Interested in on-site tournament coaching and guidance?

Call for rates and coach availability.

Requests are welcome!

If you would like a special class that is not listed in this brochure, contact Nancy Watland, Racquet Sports Coordinator, at 708-799-1323.

Racquet Sports Summer 2009



2920 W. 183rd St., Homewood
708-799-1323

hfracquetandfitness.com

Club membership is not required for summer court programs!

- | | |
|--|--|
| 2000 & 2008 FACILITY OF THE YEAR
<i>Chicago District Tennis Association</i> | CHICAGO SOUTHLAND'S BEST HEALTH & SPORTS FACILITY
1996-2006 |
| 2001 ORGANIZATION OF THE YEAR
<i>United States Tennis Association/Midwest Section</i> | 2003 EXCELLENCE IN TENNIS PROGRAMMING
<i>National Recreation & Parks Association and the United States Tennis Association</i> |
| 2001 MEMBER ORGANIZATION OF THE YEAR
<i>United States Tennis Association</i> | 1991 & 2006 NRPA Gold Medal Award for Excellence in Park & Recreation Management |
| 2007 & 2008 TOP 50 TENNIS WELCOME CENTER IN U.S. | |



USPTA TENNIS ACROSS AMERICA

**May is National Tennis Month!
Tennis—It's your game!**

FREE USA Celebrate Tennis & Teams Night
Families, Adults & Juniors, Ages 6-18
 Saturday, May 9 • 6-8 p.m.
 Code #552516-1H

FREE Adult USA Tennis 1-2-3
 Monday, May 11 • 9:30-11 a.m. & 6:30-8 p.m.

FREE Adult USA Round Robin Play
 Wednesday, May 20 • 1-2:30 p.m.



**Rejuvenate, Regenerate,
Start-Restart Your Racquet!**

Tuesday, May 12 • 1-2:30 p.m.

Try tennis for the FAB (50 & Beyond) generation. Get on a team now! Program incorporates the QuickStart format.

YOU MUST REGISTER TO PARTICIPATE.
Call 708-799-1323 today!
 Find a court, find a player, find a program!



H-F Racquet & Fitness Club's Summer Hours

Effective May 10-Sept. 7

Weekdays5 a.m.-10:30 p.m.
 Saturdays6 a.m.-5 p.m.
 Sundays7 a.m.-5 p.m.
 Memorial Day & Labor Day7 a.m.-3 p.m.
 Independence Day7 a.m.-Noon



Start-Restart Tennis League for FAB (50+)

Stopped playing due to bad knees, hips, feet, or just falling apart? 60-ft. court, smaller racquets and low-compression balls. Play tennis with your friends again and don't miss out on the fun! Doubles only –

Tuesdays 1-2:30 p.m. Your team may be the winner of the “Golden Gosse Award!” No refunds.

Fees: \$60/session; 2 sessions for \$105;
 3 sessions for \$140
Session I: May 12-June 9, Code 252517-1R
Session II: June 16-July 14, Code 252517-2R
Session III: July 21-Aug. 18, Code 252517-3R

World Team Tennis League

Sign up as a team, or we'll create teams! Minimum of 2 men and 2 women per team, per match. All players must be WTT members. Participate in regional playoffs! No matches: July 15.

Levels: 3.5-4.5 **Code:** 252514-1A
Pro: Mike Milhouse **Session:** June 3-Aug. 12
Day/Time: W, 7-9 p.m.
Fee: \$15/person per match or \$120/person for the season

60+ Doubles Shootout

Eight weeks of fun, competitive league play for those ages 60 & better. Led by Sheriff Hal Anderson. No class: July 15.

Session: June 10-Aug. 5
Day/Time: W, 11 a.m.-1 p.m.
Code: 252507-ID
Fee: \$68, plus \$10 cash for prize pot

Stay in the Game Adult Drill & Play

Build stroke consistency and apply tactics and strategy to your game. Levels 2.5-3.5, two hours with the pro. Sixteen hours per session.

Day/Time: Tu & Th, 2-4 p.m.
Session: June 2-25, Code 252503-1A
 June 30-July 23, Code 252503-2A
 July 28-Aug. 20, Code 252503-3A
Fee: \$160/session

USTA Jr. Team Tennis of the Greater Homewood-Flossmoor Community Tennis Association

Learn while you play! The QuickStart format utilizes age-appropriate court sizes and equipment. Come on parents, "Connect a Child to a Sport of a Lifetime!" Fee includes team uniform, tennis racquet and enrollment in Ace's Kids' Club. *No class: July 14.*

Ages: 6-10 years
Session: June 16-Aug. 11 (8 weeks)
Day/Time: Tuesdays, 11:30 a.m.-1 p.m.
Fee: \$80

Youth Lessons & USPTA/USA Little Tennis

One hour of instruction per week, incorporating the QuickStart format.

Session: June 8-Aug. 5 (9 weeks)
Fee: \$90 m/\$108 nm

Level	Age	Day	Time	Code
Tots I	4-5	M	3 p.m.	252202-1A
Tots II	5-6	W	3 p.m.	252203-1A
Beg. II	6-8	W	5 p.m.	252302-1A
A. Beg.	6-8	M	5 p.m.	252303-1A
Beg. II	9-10	M	4 p.m.	252303-1C
A. Beg.	9-10	W	4 p.m.	252303-1D

Tennisfest 2009

July 8-19

- Free Clinics
- 54-Event Tournament
- QuickStart Events
- Little Mo Regionals
- Entertainment
- Raffle / Awards
- Wheelchair Exhibition
- Pet Contest
- Sidewalk Sale
- Free USA Tennis Lessons & Much More!

Call for an entry form or a program:
708-799-1323



Junior Player Development

A combination of Team Tennis and High Performance Skills Training. Build teamwork while improving your playing ability and match toughness. Program consists of 3 4-week sessions that meet for 2 hours twice weekly. Participants who sign up for all three sessions will receive a Court Card good for **10 FREE hours** of summer walk-on court time. Program includes inter-Club match play.

One Session Fee: \$160 m / \$176 nm

Take two sessions and save 15%: \$272 m / \$300 nm

Take three sessions and save 25%: \$360 m / \$396 nm

No other discounts apply.

14 & Under

June 2-25 Tu/Th, 4-6 p.m. 252311-1E

June 30-July 23 Tu/Th, 4-6 p.m. 252311-2E

July 28-Aug. 20 Tu/Th, 4-6 p.m. 252311-3E

18 & Under

June 1-24 M/W, 4-6 p.m. 252410-1A

June 29-July 22 M/W, 4-6 p.m. 252410-2A

July 27-Aug. 19 M/W, 4-6 p.m. 252410-3A

Tournament Prep: Ages 8-12

Training for the promising junior player includes USTA Jr. Team Tennis. Participants will be expected to play in the Tennisfest tournament in July and be available for team selection and the Chicago District Jr. Team Tennis Championships. *Participants must be USTA members. All sessions: \$948. Program will be held on outdoor & indoor courts.*

Session 1 Fee: \$270 • \$72/week • \$36/day

DATES	DAY/TIME	CODE
May 11-14	M, Tu & Th, 4-6 p.m.	252311-1F
May 18-21	M, Tu & Th, 4-6 p.m.	252311-1G
May 25-28	M, Tu & Th, 4-6 p.m.	252311-1H
June 1-4	M, Tu & Th, 4-6 p.m.	252311-1J
June 8-11	M, Tu & Th, 4-6 p.m.	252311-1K

Session 2 Fee: \$432 • \$144/week • \$48/day

DATES	DAY/TIME	CODE
June 15-18	M-Th, 9 a.m.-Noon	252311-2F
June 22-25	M-Th, 9 a.m.-Noon	252311-2G
June 29-July 2	M-Th, 9 a.m.-Noon	252311-2H
July 6-9	M-Th, 9 a.m.-Noon	252311-2J

July 13-19 TENNISFEST — Remember to register!

Session 3 Fee: \$432 • \$144/week • \$48/day

July 20-23	M-Th, 9 a.m.-Noon	252311-3F
July 27-30	M-Th, 9 a.m.-Noon	252311-3G
Aug. 3-6	M-Th, 9 a.m.-Noon	252311-3H
Aug. 10-13	M-Th, 9 a.m.-Noon	252311-3J

USA TENNIS 1-2-3

Junior Program

Six-week, 18-hour program includes a T-shirt, USTA membership (\$18 value) and a chance to win a racquet. *No class: July 13 & 15.*

Session: June 15-July 29 **Fee:** \$144

AGE	DAY	TIME	CODE
11-13	M&W	11 a.m.-12:30 p.m.	252307-1A
14-17	M&W	2-3:30 p.m.	252407-1A

Adult Program

Six-week program meets twice weekly for 18 hours of instruction. Includes a USTA membership (\$40 value) and chance to win a free racquet! *No class: July 13 & 15.*

Session: June 15-July 29

Fee: \$144

AGE	DAY	TIME	CODE
18+	M&W	9:30-11 a.m.	252507-1A
18+	M&W	6:30-8 p.m.	252507-1B

TOP GUN JUNIOR INVITATIONAL

This 8-week program for tournament and ranked players includes sports science, match play, conditioning and drills. Classes are held on indoor and outdoor courts. Participants in Top Gun will receive a Court Card good for 10 free hours of summer walk-on court time!

- *Sectional- or district-ranked players receive a 10% discount!**
- *Receive a 20% discount if you bring a ranked non-member to play!**
- *Nationally ranked players are free or a 50% discount!**
- *Must bring playing record (Ranking-PPR).*

Session: June 9-July 30 **Day/Time:** Tu & Th, 6-8 p.m.

Fee: \$288 **Director:** Mike Milhouse, HP Coordinator

Code: 252410-1C

**Discount based on 2008 year-end points per round ranking. Only one discount per player.*

FALL HIGH PERFORMANCE TRYOUTS

SATURDAY, AUG. 15

Ages 8-13: 11 a.m.-1 p.m. • Ages 14-17: 1-3 p.m.

USTA LEAGUE



USTA Adult League Tennis

Practice specials with a professional coach! Participants must be rostered on a 2009

USTA League Team and be a USTA member. Special rates on 8- or 10-week sessions. Contact the program coordinator for rates and court availability.

USA ELITE TENNIS

Elite Adult: Play with Pro Beau

For competitive Illiana/Jack Barry team players and USTA Adult League players. Let Beau help you to improve your skills, strategies and court coverage to take you to the next level. *No class: July 14.*

Session 1: June 9-30 (#252507-1E)

Session 2: July 7-Aug. 4 (#252507-2E)

Day/Time: Tu, 8-10 p.m.

Fee: \$88 m / \$104 nm per session

Sign up for both sessions & receive a 25% discount!

\$132 m / \$156 nm • No other discounts apply.

Drop-in Fee: \$28 (must register 24 hour in advance)

Elite Junior: Play with Pro Beau

For the competitive player with USTA points and team experience only! Workout with Beau Gutierrez and take your game to the next level. *No class: July 13 & 16.*

Session 1: June 8-July 2

Day/Time: M, 8-10 p.m. (#252307-1E)

Th, 8-10 p.m. (#252307-1C)

Session 2: July 6-Aug. 6

Day/Time: M, 8-10 p.m. (#252307-2E)

Th, 8-10 p.m. (#252307-2C)

Fee: \$88 m / \$104 nm

Sign up for both sessions on one day & receive 20% off.

\$141 m / \$166 nm No other discounts apply.

Drop-in Fee: \$30 (must register 24 hours in advance)

Sign up for both sessions on two days & receive 30% off.

\$235 m / \$277 nm No other discounts apply.