

## **STRING & GRIP PRICING**

### **WILSON**

Natural Gut 16	\$70
Luxilon 4G	\$40
Luxilon Big Banger ALU Power	\$40
Savage	\$39
NXT 16 and 17 Gauge	\$36
Lux/NXT Hybrid	\$39
Lux/Sensation Hybrid	\$35
Revolve Spin	\$34
Sensation 16 gauge	\$30
Synthetic Gut	\$25

### **HEAD**

Hawk	\$36
Velocity MLT	\$34
Rip Control	\$34
Synthetic Gut PPS	\$25

### **BRING YOUR OWN STRING**

\$15

### **GRIPS**

Replacement Grip	\$8
Overgrip	\$3
Grip Build up	\$8

### **GROMMET REPLACEMENT**

\$12

*(own grommets)*

*For more information stop by the Health Club Desk or call Lisa at 231-534-6786.*



## **FAQ**

### **How often should I restring my tennis racquet?**

A: When you break a string and/or the number of times you play in a week and restring that many times in a year.

### **Why?**

A: String tension is continuously lost as you play with the racquet. To maintain a consistent feel, regular restringing is important.

### **What type of string should I use?**

A: It depends on what you are looking for in a string. Multifilament string increases touch and spin, while monofilament increase power and durability. If you are a string breaker, it may be a good idea to go with a hybrid of monofilament and multifilament or all monofilament.

### **What tension should I string at?**

A: Tighter tension equals less depth in the court. Looser strings will hit deeper in the court. We also recommend a looser tension with monofilament strings for comfort and elbow protection.

### **How long does it take to get my racquet restrung?**

A: Your racquet is guaranteed for pick up in 48 hours. If you need it sooner, please leave a message for the Tennis Department at 231-534-6776.

# TENNIS



THE CLUB

## ADULT TENNIS PROGRAMS

FALL/WINTER/SPRING

## ADULT PROGRAMS

### **PARENTS PLAY**

An Adult Beginner/Advanced Beginner program. One hour of instruction followed by one half hour of unsupervised match play. Basic skills: ground-strokes, volleys, serve and service return will be reviewed along with more advanced skills (approach shots, overheads and the different spins.)

### **DRILL AND PLAY**

One hour of instruction followed by one hour of unsupervised match play. Strokes that are beneficial to doubles will be emphasized along with doubles strategies. Doubles pattern work and specific situations and how to react to them will be covered. Limit 8 students.

### **DOUBLES DRILL**

One and 1/2 hours of instruction. More advanced skills, stroke techniques and shot combinations will be taught along with doubles strategy and tactics. Modern strokes and spins will be introduced along with other specialty shots.

### **PICKLEBALL ORGANIZED PLAY**

Play up to four times a week! Doubles match play and rotations organized by the Pro. October 1, 2021 – May 2, 2022. To sign up, call Mark Fries at 231-944-9650.

### **CARDIO TENNIS**

The Pro will keep players of all levels moving and challenged, all while having fun! You must sign-up in advance by calling Mark Fries at 231-944-9650.

## LEAGUES

### **3.5 MIXED DOUBLES LEAGUE**

Wednesdays 6pm-8pm • Two hours of mixed doubles league play. Refreshments to follow. Must be approved to participate in this league. Contact Lisa at 231-534-6786 for more information.

### **WANT TO START A LEAGUE?**

Customize your own! Call George at 231-534-6776 to learn more.

## ADULT TENNIS SCHEDULE

### **MONDAY**

#### **ORGANIZED PICKLEBALL**

9am-10am • Cost: \$10/Members, \$20/Non-members

**DRILL AND PLAY** 10am-12pm • Cost: \$15/Members, \$25/Non-members

**CARDIO TENNIS** 6pm-7pm • Cost: \$10/Members, \$20/Non-members

### **TUESDAY**

#### **ORGANIZED PICKLEBALL**

1pm-2:30pm • Cost: \$15/Members, \$25/Non-members

**DRILL AND PLAY** 9am-11am • Cost: \$15/Members, \$25/Non-members

**CARDIO TENNIS** 12pm-1pm • Cost: \$10/Members, \$20/Non-members

### **WEDNESDAY**

**DRILL AND PLAY** 9am-11am • Cost: \$15/Members, \$25/Non-members

### **THURSDAY**

#### **ORGANIZED PICKLEBALL**

9am-11am • Cost: \$20/Members, \$30/Non-members

**CARDIO TENNIS** 12pm-1pm • Cost: \$10/Members, \$20/Non-members

**DRILL AND PLAY** 6pm-8pm • Cost: \$15/Members, \$25/Non-members

### **FRIDAY**

**DOUBLES DRILL** 9am-10:30am • Cost: \$21/Members, \$31/Non-members

### **SATURDAY**

#### **PARENTS PLAY** 10:30am-12pm •

Cost: \$10/Members, \$20/Non-members

**CARDIO TENNIS** 9am-10:30am • Cost: \$15 Members, \$25 Non-members

**\*\*Ask about our punch cards for multiple classes\*\***

## PRIVATE LESSONS

### **Adult Private Lessons**

Cost: \$65/Members, \$75/Non-members

### **Adult Punchcard** (5 lessons)

Cost: \$275/Members, \$325/Non-members

### **Adult Semi Private Lesson** (2 players)

Cost: \$32.50/Members, \$37.50/Non-members

### **Adult 3 and Me**

Cost: \$23/Members, \$33/Non-members

### **Adult 4 and Me**

Cost: \$17/Members, \$27/Non-members

### **Adult 5+ and Me**

Cost: \$12/Members, \$22/Non-members

## ADULT DRILL PUNCHCARDS

Save money and gain flexibility with our new adult drill punchcards. Save on weekly sign in fees when you purchase a 12 pack of drills that are good for a whole year! No need to find a sub or make up a drill that you've already paid for. Just come when you can! Make sure to contact George at 231-534-6776, for your drill up to 24 hours in advance of attending.

### **Adult Drill & Play Punchcard**

12 pack - \$144/member, \$264/Non-member

### **Adult Friday 1.5 Hour Drill Punchcard**

12 pack - \$216/member, \$336/Non-member

*\* Punchcards are good for a year from purchase date.*