

CLINIC ENTRY FORM

Clinics (check all that apply)

USTA Team Tune Up Clinic

90 minute specifically designed for your team!
\$15 per clinic

- Contact Matt to set up day and time

TRC Adult Clinic

5 weeks - \$80 / \$90 non-member

- Wed 6:30 p.m. - 8:00 p.m. (starts Nov. 17)

Specialty Shot Clinics - Drop in!

Drop in! 60 minutes - \$12 per clinic / \$18 non-member

- Mon 6:30 p.m. / Wed 9:00 a.m. / Sat 9:00 a.m.
 Serve and Volley w/Serena - Mon 7:30 p.m.

Tennis Blast - Drop in!

Drop in! 60 minutes - \$12 per clinic / \$18 non-member

- Sat 8:00 a.m.

NEW! 3.5 Co-ed Clinic

A great combination of instructional drill and liveball high energy workout games with Coach Serena. \$18

- Monday 9:30-11:00 a.m. (starts Jan. 9)

X-treme Tennis

For competitive players looking for a combination of cross training and tennis. 2 hours - \$20

- 4.0-4.5 - Wed 9:00 a.m.
 3.5-4.0 - Thu 9:00 a.m.

Payment Information

Name: _____

Email: _____

Phone: _____

Charge my member acct: _____

Pay by credit card: Visa MC

Number: _____ Exp: _____

Signature: _____

- Check enclosed payable to Tucson Racquet Club

Please return to:
Tucson Racquet and Fitness Club
4001 N. Country Club Road
Tucson, AZ 85716
(520) 795-6960

LEAGUE ENTRY FORM

Clinics (check all that apply)

Men's Leagues - Drop in!

Up to 4.5 level. Singles and doubles!
Wednesday's 6:30 p.m. (ongoing)
 8 weeks - FREE! Bring a can of balls

Queen of the Court

Ladies Doubles. 3.0-3.5 levels - Tuesday's 9:00 a.m.
4.0+ Levels - Thursday's 9:00 a.m.
 10 weeks
(3.0-3.5 contact Gretchen / 4.0+ contact Matt)

Friday Night "Happy Hour" - Drop in!

Men and Women - All Levels!
Friday's 6:30 p.m. (ongoing)
 \$5 per night (balls provided)

Drop in Tennis

Social, fun drop in tennis up to 3.5 level. No need to register just show up at the following times.
Wednesday's 8:00 a.m.
Saturday's 8:00 a.m.

USTA Leagues and Flex Leagues

USTA Leagues run throughout the year and there is a league for everyone. If you are interested in joining a team or captaining a team please contact Matt.

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the Tucson Racquet & Fitness Club

ADULT CLINICS LEAGUES & ACTIVITIES



IMPROVE
YOUR
GAME

PLAY
YOUR
GAME



LOVE
YOUR
GAME

2012
WINTER SCHEDULE

CLINICS

IMPROVE YOUR GAME

Private Lessons

There is no better way to learn and improve your technique, stroke development, footwork, matchplay strategies, etc. than with a one hour private lesson with our experienced staff.
Members: \$50/hour Non-members: \$55/hour

“X-treme Tennis”

Intense footwork and drilling to improve stamina, strength, court coverage and shot selection.

- Wednesday 9:00 - 11:00 a.m. - 4.0-4.5
- Thursday 9:00 - 11:00 a.m. - 3.5 to 4.0

\$20 per session - Contact Mike Gleason.

Specialty Shot Clinics

One hour clinic for all levels emphasizing a different shot or strategy each clinic.

- Every Monday 6:30 p.m.
and 7:30 p.m. (serve&volley w/Serena)
- Every Wednesday & Saturday 9:00 a.m.

Drop in! \$12 per clinic / \$18 non-member

USTA Team Tune Up Clinic

A 90 minute clinic focusing on court coverage, doubles movement, point strategy and team dynamics.

- Contact Matt to schedule times for your team!

\$15 per session

TRC Adult Clinics

Perfect for the beginner to low intermediate player to learn the game right or brush up on their strokes. Also register for the Co-ed League as the perfect complement to clinic.

- Wednesday 6:30 p.m.

5 week session - \$80 / \$90 non-member
Starts Jan. 5

Tennis Blast

A great aerobic workout that keeps you moving through tennis drills and footwork exercises.

Every Saturday 7:30 - 9:00 a.m.
Drop in! \$12 per session

CLINICS

NEW! 3.5 Co-ed Clinic

A great combination of instructional drill and liveball high energy workout games with Coach Serena. \$18

- Monday 9:30-11:00 a.m. (starts Jan. 9)

LEAGUES

PLAY YOUR GAME

Queen of the Court

Ladies doubles for 2.5-3.5 level players. Play 3 sets of doubles every week! New balls provided.

- Tuesday's 9:00 a.m. (3.0-3.5)
- Thursday's 9:00 a.m. (4.0+)

10 weeks
Contact Gretchen for 3.0-3.5 and Matt for 4.0+

Men's League

All levels 3.0 on up looking to play singles and doubles and meet new people. Occasional happy hours throughout league! Drop in welcome!

- Wednesday's - 6:30 p.m. - ongoing

Free - bring a can of balls

Happy Hour Mixer

Fun, social mixer every Friday night! Enjoy a cocktail or two during or after play.

- Every Friday 6:30 p.m. - ongoing

Drop in - \$5 per night / \$10 non-member

Drop In Tennis - FREE!

Great way to meet members.

- Wednesday's 8:00 a.m.
- Saturday's 8:00 a.m.

Matchfinder

A great tool to use if your looking for players at your level! Go to our website and get registered. www.tucsonracquetclub.com



USTA Leagues

Year round citywide tennis leagues for all levels and all ages. For more information about upcoming USTA leagues please visit www.saz.usta.com

USTA Senior League (50+)

Men's and Women's Doubles
January - March

USTA Super Senior League (60+)

Men's and Women's Doubles
January - March

USTA Adult League (18+)

Men's and Women's Singles and Doubles
March - June

USTA Senior Mixed Doubles (50+)

Mixed Doubles
March - June

USTA Flex Leagues (Adult and Sr.)

Men's and Women's singles, doubles and mixed doubles. Flexible schedule, play on your own time!

CLUB ACTIVITIES

LOVE YOUR GAME

If you looking for more competition or just looking for more fun, we have several tournaments and social events throughout the year!

Contact Matt Gleason for information on upcoming tournaments and other activities!
Gleason@tucsonracquetclub.com