

PALM COAST TENNIS CENTER

NET NEWS—June



UPCOMING EVENTS:

SUMMER COURT FEE SPECIAL

See page 2 for more details

MASTERS TENNIS

Weekly Drop Ins

See page 3 for more details

JUNIOR SUMMER CAMP

See page 4 for more details

JUNIOR SUMMER PERFORMANCE TEAM

See page 5 for more details

Beat the Heat!!

The summer heat is here! It is a good time to remember how important it is to stay hydrated. Here are a few things to remember.

- ♦ The best way to insure that you do not become dehydrated is to plan ahead. Start your day with several glasses of water if you plan on being on the court. Remember if you have any adult beverages the night before you play and then start your day with coffee, you may already be at greater risk for dehydration.
- ♦ Drink consistently during change overs. Once you are really feeling thirsty, it may be too late.
- ♦ If it is particularly hot, consider including a little electrolyte replacement by consuming sport drinks and coconut water.
- ♦ Listen to your body! If you feel dizzy or light headed, try to cool off immediately and continue taking fluids.

July 4th

PCTC Courts will be
OPEN until 2:00pm

There will be
NO Adult Clinics and
NO Monday Open Tennis

Hours of Operation

Monday-Thursday

8:00am-2:00pm &

4:00pm-9:00pm

(Closing at 9:00pm June-August)

Friday, Saturday & Sunday

8:00am-2:00pm

Palm Coast Tennis Center 1290 Belle Terre Parkway Palm Coast, FL 32164
386-986-2550 www.palmcoasttenniscenter.com



SUMMER COURT FEES

\$5.00 8:00am-11:00am

\$2.50 AFTER 11:00am*

*\$2.00 after 4:00pm
Tuesday & Thursday

(Prices valid Memorial Day to Labor Day)

OPEN until 9:00pm
Monday—Thursday
June—August



Palm Coast Tennis Center 1290 Belle Terre Parkway Palm Coast, FL 32164

www.PalmCoastTennisCenter.com

386-986-2550

MASTERS TENNIS DROP-IN

WHEN

Tuesday 8:00-9:30

Thursday 5:00-6:30

Friday 11:00-12:30



WHERE

Palm Coast Tennis Center

1290 Belle Terre Parkway

Palm Coast, Florida 32164

386-986-2550

WWW.PALMCOASTTENNISCENTER.COM

**ALL LEVELS
WELCOME**

**NO EXPERIENCE
NEEDED**

**WEAR ATHLETIC
ATTIRE AND
SNEAKERS**

\$5 per play

12 plays for \$50

**FREE for PCTC
Pass-Holders**

Easy to Learn!

Fun!

Stay Active!

**LEARN MORE ABOUT
MASTERS TENNIS**

**UstaFlorida.com/
MastersTennis**



The Palm Coast Tennis Center

SUMMER TENNIS CAMP 2016



Call 386-986-2550 to register
1290 Belle Terre Parkway Palm Coast, FL 32164
www.PalmCoastTennisCenter.com

AGES 6—13

June 13th—June 17th

July 11th—July 15th

August 1st—August 5th

9:00am-1:00pm
(Campers **must** pack a lunch)

\$149 per week

OR

\$35 per day

Optional 1/2 day camp
for juniors 6-8 years old
9:00am-11:30am \$89

REGISTRATION

Deadline to register
is two weeks prior to the
start of each weeks camp.

Payment is required
at registration



Campers will need
to bring a water
bottle, towel, hat,
and snack.

Campers should
wear comfortable
clothes and tennis
shoes.

Campers must be signed in and out
each day by an authorized adult.

No refunds due to weather.

Racquets will be provided if needed.

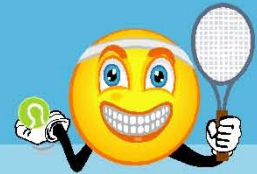


SUMMER PERFORMANCE TEAM

Summer Performance Team is a summer camp continuation of our CPD, Big Shots, Junior Development, Racquet Rookies and Quick Start Programs.

All classes will be taught by PCTC Head Pro Eric Dubin

Limited enrollment—Reserve your spot NOW!!!



Racquet Rookies

This program is a gentle introduction to the game of tennis for juniors 5-7 years old. Skill building exercises and fun activities are used to begin developing the basic movements used on the tennis court.

TUESDAY & THURSDAY 6:00pm-6:45pm

\$10 per class

Quick Start I & II

For juniors ages 6 to 10 as an introduction to tennis using fun and effective skill building exercises and games with an emphasis on Agility, Balance, Coordination and teamwork.

MONDAY & WEDNESDAY 6:00pm-7:00pm

\$99.00 per session OR \$15 per class**

Big Shots I & II

For juniors ages 8 to 12 who have completed our Quick Start program or who have some prior tennis experience. Focus on skill building that will include stroke fundamentals, hand-eye coordination and interactive play.

TUESDAY & THURSDAY 4:30pm-6:00pm

\$149 per session OR \$22 per class**

Junior Development I & II

For juniors ages 10 to 14 who have completed our Big Shots program or have appropriate tennis experience. Focus on mechanics, footwork and preparation for competitive play.

MONDAY & WEDNESDAY 4:30pm-6:00pm

\$149 per session OR \$22 per class**

Competitive Player Development

For players with USTA or High School tennis experience. Focus on advanced technique, footwork and strategy.

TUESDAY & THURSDAY 6:30pm-8:00pm

\$149 per session OR \$22 per class**

****Pay per class is only available IF space is available****

Session 1

Junior Development / Quick Start
CPD / Big Shots / Racquet Rookies

June 13, 15, 20, 22, 27, 29; July 6
June 14, 16, 21, 23, 28, 30; July 5, 7

Session 2

Junior Development / Quick Start
CPD / Big Shots / Racquet Rookies

July 11, 13, 18, 20, 25, 27; August 1, 3
July 12, 14, 19, 21, 26, 28; August 2, 4

All students MUST be evaluated for placement prior to registration

**Palm Coast Tennis Center ~ 1290 Belle Terre Pkwy Palm Coast, FL 32164
386-986-2550 www.PalmCoastTennisCenter.com**



JUNE ~ ADULT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURS DAY	FRIDAY	SATUR DAY
			1 Morning Blast 9:30 Techniques & Tactics 10:30	2 Masters Tennis Drop In 5:00-6:30	3 Masters Tennis Drop In 11:00-12:30	4 Saturday Drop In 1100
5 Sunday Drop In 9:30am	6 Morning Blast 9:30 Techniques & Tactics 10:30 1.2.3 Tennis 11:30 Monday Open 6:00	7 Masters Tennis Drop In 8:00-9:30	8 Morning Blast 9:30 Techniques & Tactics 10:30	9 Masters Tennis Drop In 5:00-6:30	10 Masters Tennis Drop In 11:00-12:30	11 Saturday Drop In 1100
12 Sunday Drop In 9:30	13 Morning Blast 9:30 Techniques & Tactics 10:30 1.2.3 Tennis 11:30 Monday Open 6:00	14 Masters Tennis Drop In 8:00-9:30	15 Morning Blast 9:30 Techniques & Tactics 10:30	16 Masters Tennis Drop In 5:00-6:30	17 Masters Tennis Drop In 11:00-12:30	18 Saturday Drop In 11:00
19 Sunday Drop In 9:30	20 Morning Blast 9:30 Techniques & Tactics 10:30 1.2.3 Tennis 11:30 Monday Open 6:00	21 Masters Tennis Drop In 8:00-9:30	22 Morning Blast 9:30 Techniques & Tactics 10:30	23 Masters Tennis Drop In 5:00-6:30	24 Masters Tennis Drop In 11:00-12:30	25 Saturday Drop In 11:00
26 Sunday Drop In 9:30am	27 Morning Blast 9:30 Techniques & Tactics 10:30 1.2.3 Tennis 11:30 Monday Open 6:00	28 Masters Tennis Drop In 8:00-9:30	29 Morning Blast 9:30 Techniques & Tactics 10:30	30 Masters Tennis Drop In 5:00-6:30		

JUNE ~ JUNIOR

SUN DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATUR DAY
			1	2	3	4
5	6	7	8	9	10	11
12	13 Summer Camp 9:00 JR Development 4:30 QuickStart 6:00	14 Summer Camp 9:00 Big Shots 4:30 Racquet Rookies 4:45 CPD 6:30	15 Summer Camp 9:00 JR Development 4:30 QuickStart 6:00	16 Summer Camp 9:00 Big Shots 4:30 Racquet Rookies 4:45 CPD 6:30	17 Summer Camp 9:00	18
19	20 JR Development 4:30 QuickStart 6:00	21 Big Shots 4:30 Racquet Rookies 4:45 CPD 6:30	22 JR Development 4:30 QuickStart 6:00	23 Big Shots 4:30 Racquet Rookies 4:45 CPD 6:30	24	25
26	27 JR Development 4:30 QuickStart 6:00	28 Big Shots 4:30 Racquet Rookies 4:45 CPD 6:30	29 JR Development 4:30 QuickStart 6:00	30 Big Shots 4:30 Racquet Rookies 4:45 CPD 6:30		30

ADULTS

Scheduled Weekly Clinics

MORNING BLAST

Monday & Wednesday

9:30am-10:30am

A fun and energetic start to your day that combines cardio tennis with instructional drills and interactive play.

Focus on footwork and movement.

Build your skills while you get your heart rate up!

\$12.00 Pass Holders

\$16.00 Non-Pass Holders

There will be NO Clinic Monday, July 4th

TECHNIQUES & TACTICS

Monday & Wednesday

10:30am-11:30am

A combination of instruction and strategies designed to improve your doubles play. Drills and competitive interactive play will help refine your shot selection, execution and court positioning. This class is designed for players 3.0 and up.

\$12.00 Pass holders

\$16.00 Non-Pass Holders

There will be NO Clinic Monday, July 4th

1.2.3 TENNIS

Monday

11:30am-12:30pm

This clinic is designed for players with little or no tennis experience. It is a fun and social introduction to tennis fundamentals including basic techniques and structured play. This program provides a gateway to developing your tennis skills and meeting your future tennis partners.

Special Introductory rate \$10 per clinic

There will be NO Clinic Monday, July 4th

A clinic will **ALWAYS** be held regardless of the number of participants. If a clinic has 1-2 participants, the clinic will be held for 30 minutes. When there are 3 or more participants, the full hour clinic will be given.

Group Clinics

3 & A PRO

Includes 3 players of compatible level and one pro. The first hour is devoted to instruction & drills. During the remaining half hour, each player plays with the pro and against the pro.

Organize your own group or ask us to set one up for you.

\$25.00 pass holders

\$30.00 non-pass holders

GVTL PERFORMANCE CLINIC

Designed specifically for GVTL teams to enhance practice time, manage pairings and prepare for team match play.

6-8 players from your team roster

Based on availability, schedule your clinic with Eric

1 ½ hours

\$15 per player

Private Lessons

PASS HOLDERS

1 Hour \$55.00

30 Minute \$30.00

“6 Pack” Lesson Packages

1 Hour (5 Lessons & 1 FREE) \$275.00

30 Minute (5 Lessons & 1 FREE) \$150.00

NON-PASS HOLDERS

1 Hour \$65.00

30 Minute \$35.00

“6 Pack” Lesson Packages

1 Hour (5 Lessons & 1 FREE) \$325.00

30 Minute (5 Lessons & 1 FREE) \$175.00

JUNIORS

PERFORMANCE TEAM PROGRAMS

All programs are for 10 weeks

RACQUET ROOKIES (Ages 5-7)

Tuesday &/OR Thursday 4:45pm-5:30pm

\$10 per class / \$80 for 10 classes

This program is a gentle introduction to the game of tennis for students 5-7 years old. Skill building exercises and fun activities are used to begin developing the basic movements used on the tennis court.

QUICK START 1 & 2 (Ages 6-10)

Monday &/OR Wednesday 6:00-7:00

\$125 (1 x week) OR \$225 (2 x week)

For players 6-10 as an introduction to tennis using fun and effective skill building exercises and games. Emphasis on Agility, Balance and Coordination as well as teamwork and interactive play. Quick Start 1 and 2 players will be grouped based on age and ability.

BIG SHOTS (Ages 8-12)

Tuesday &/OR Thursday 5:30pm-6:30pm

\$125 (1 x week) OR \$225 (2 x week)

For players 8 -12 who have completed our quick start program or who have some prior tennis experience. Focus on skill building that will include stroke fundamentals, eye-hand coordination and interactive play.

JUNIOR DEVELOPMENT (Ages 10-14)

Monday &/OR Wednesday 4:30pm-6:00pm

\$179 (1 x week) OR \$329 (2 x week)

For players 10 -14 who have completed our big shots program or have appropriate tennis experience. Focus on mechanics , footwork and preparation for competitive play.

COMPETITIVE PLAYER DEVELOPMENT (Ages 12-17)

Tuesday &/OR Thursday 6:30pm-8:00pm

\$179 (1 x week) OR \$329 (2 x week)

For players with USTA or Jr. High and High School tennis experience. Focus on advanced technique, footwork , conditioning and strategies for competitive play.

PAY AS YOU GO PRICES:

\$15 for 1 hour classes \$22 for 1-1/2 hour classes

All students must be evaluated for placement prior to registration.

**Classes will
resume
the week of
August 22nd**

Private Lessons

(Ages 17 & under)

Lessons are scheduled on an individual basis

1 hour	\$55.00
30 minute	\$30.00

"6 Pack" Lesson Packages

1 Hour	\$275.00
(5 Lessons & 1 FREE)	

30 Minute	\$150.00
(5 Lessons & 1 FREE)	

Ball Machine

PASS HOLDER

½ hour \$7
1 hour \$10

NON-PASS HOLDER

½ hour \$8
1 hour \$12

Weekly Drop Ins

MONDAY OPEN TENNIS ~ 6:00pm Monday

Open to ALL men and women 3.5 or above

Pass Holders FREE

Non-Pass Holders \$6.00

NO Open Tennis July 4th

SATURDAY OPEN TENNIS ~ 11:00am Saturday

Open to ALL men and women 3.5 or below

Pass Holders FREE

Non-Pass Holders \$6.00

SUNDAY DROP IN TENNIS ~ 9:30am Sunday

Open to men and women of all levels

Pass Holders FREE

Non-Pass Holders \$5.00

Public Court Fees

Palm Coast Residents: \$8.00 per person (adult)

\$5.00 per person (juniors 17 & under)

Non-Residents: \$10.00 per person (adult)

\$5.00 per person (juniors 17 & under)

*total per court / 90 minutes of court time

Lessons

1 hour Private - Pass Holder	\$55.00
½ hour Private – Pass Holder	\$30.00
1 hour Private – Non-Pass Holder	\$65.00
½ hour Private – Non-Pass Holder	\$35.00
1 hour Private—Junior**	\$55.00
½ hour Private – Junior**	\$30.00

Junior—17 & under

1 HOUR GROUP LESSONS

2 players	\$30.00 each
3 players	\$20.00 each
4 + players	\$15.00 each

PASS HOLDER “6 PACK” LESSON PACKAGES

1 Hour (5 Lessons & 1 FREE)	\$275.00
30 Minute (5 Lessons & 1 FREE)	\$150.00

NON-PASS HOLDER “6 PACK” LESSON PACKAGES

1 Hour (5 Lessons & 1 FREE)	\$325.00
30 Minute (5 Lessons & 1 FREE)	\$175.00

JUNIOR LESSON PACKAGES

1 Hour (5 Lessons & 1 FREE)	\$275.00
30 Minute (5 Lessons & 1 FREE)	\$150.00

Stringing

\$18 labor + the cost of the string

We carry HEAD strings