

Colonies House Annual Meeting

The annual meeting for the Colonies House was held January 19th.

Our secretary and past President Dee Hammer resigned her position from the board. Dee did a great job as secretary and board member and her work and input will be missed. She has assured us that she will continue to be an active member.

As always, we are always looking for assistance around the club and on the board. Please remember that this club only continues because of the work of its volunteer members. As with any organization, it is the people that make this club work. Please come and be a part of the club and community. We have started our membership drive for this year.

If you pay your membership by March 31, you will receive a \$15 discount. There are membership forms on the web site www.colonieshouse.com. Come visit our web site and request to be on our mailing list. We will keep you informed of upcoming events and what is happening in our neighborhood.

Colonies House Swim and Tennis will also be hosting some socials and mixers. Be sure to check the website for information on upcoming events.

New Tennis Program at Colonies House

Tennis is back at The Colonies House Swim and Tennis Club! I would like to invite everyone to visit our facility and our website. We have several new tennis programs starting and have something for everyone. Colonies House now offers private and group lessons, cardio tennis, junior match play days. Throughout the coming year we will be hosting several socials, mixers and tournaments. We want to create an environment that becomes a place you and your family will want to spend time and create memories.

Be sure to check our website regularly for lessons, updates and special events. You can also contact us and give us your email address so that you will not miss any of the excitement. If you are looking for a place to take tennis lessons for you or your children, now is the time to sign up at Colonies House. Our new Director of Tennis, John Thomas has over 13 years of teaching experience and is USPTA, Master Racquet Technician and Cooper Institute Personal Trainer certified. John loves teaching tennis and it shows in his lessons.

Please contact John Thomas to find out more about the Colonies House Tennis program at 210-535-5683 or jtjohnjr@gmail.com

Colonies House Junior Groups

Quickstart Tennis. Is a fun and fast way for your young player to learn how to play the great game of tennis? Players will use age and size appropriate equipment and courts along with modified scoring.

- Classes are on: Mondays and Wednesdays 3:15pm–4:00pm; and Tuesdays and Thursdays 3:15–4:00pm.
- Cost: Members - \$80.00 per month; or Non-members - \$100.00 per month.

Beginner Group. Great introduction to tennis using fun game based drills. Players will be taught easy to remember cues to help them learn the game. Same format as Quickstart group.

- Classes on: Mondays and Wednesdays 4:00–5:00pm and Tuesdays; and Thursdays 4:00–5:00pm.
- Cost: Members - \$85.00 per month; or Non-members - \$105.00 per month.

JAG (Junior Advancement Group). This class is for intermediate level players. Players work on stroke production, strategy and fitness. Classes consist of feeding and rally based drills, match play and conditioning.

- Classes are: Monday – Thursday 5:00–6:00pm.
- Costs: Members - \$170.00 per month; or Non-members - \$190.00 per month

HIT (High Intensity Tennis). This is for serious tournament level players. This group focuses on stroke production, singles and doubles strategy, developing patterns of play along with strength and conditioning. Players should be prepared to work hard and have fun!

- Classes are: Monday, Wednesday and Thursday 6:00–8:00pm; plus two days per month of strength and conditioning training.
- Costs: Members - \$220.00 members per month; or Non-members - \$240.00 per month

Pizza Match Play. Open to all players that can play tennis on their own. Come out to play tennis and eat pizza. Great chance to meet new players. Bring your friends!

- Dates: Saturdays 4:00–6:00pm.
- Costs: Members - \$10.00; or Non-members - \$15.00

Colonies House Adult Programs

Cardio Tennis. Come out and burn calories, hit lots of balls, make new friends and have fun. This class is open to all fitness and playing levels. No tennis experience required!

- Classes are Fridays 9:00–10:00am.
- Costs: Members - \$12.00 per person per day or \$40.00 for 4 weeks; or Non-members - \$17.00 per person per day or \$55.00 for 4 weeks

Adult Beginner Group. This class is for the beginner adult. Players will work on drills and then do match play. Teaching pro will play in if the class has an odd number of players.

- Class meets on Tuesdays 6:00–7:30pm or Fridays 1:00–2:30pm.
- Players can go to one or two days per week.
- Costs: Members - \$15.00 per person per day; or Non-members - \$20.00 per person per day