

Colonies House Swim and Tennis Club

Open House, May 8

The summer swim season starts this month at Colonies House. We will have an Open House, Saturday May 8, 2010 from 1:30 pm to 5:00 pm. This event is open to everybody and it is a chance for you to come out and enjoy the club and sign up for membership. If you can't make it on Saturday, you can sign up for membership any time we are open or on line at www.colonieshouse.com. This year will also be tweeting special events and schedule updates through twitter, just follow our username Colonies House.

Special Events

Saturday May 8, 2010 1:30-5:00pm Open House - Everybody Welcome
Monday May 31, 2010 1:30-5:00pm Memorial Day Party and Open House - Everybody Welcome
Sunday July 4, 2010 9:00am - Colonies House 4th of July Parade - Everybody welcome
Sunday July 4, 2010 1:30-5:00pm - 4th July Party - Food and drinks available - members only
Monday September 6, 2010 - Labor Day Party - End of swim season - members only

Pool Calendar

Pool Open - May 8,9, 15, 16, 22, 23, 29, 30, 31
Pool Open - June 5-30, July 1-31, August 1-22, 28, 29, Sept. 4, 5, 6
Pool Hours for Members 1:30 - 9:00pm

Swim Team

During open house we will also start signing up for swim team. Coach Tony will be back and swim team practice will start Monday May 10. The Summer League season will run from May 10 to July 10. While school is in session, evening practice will be at 6pm for beginning swimmers and children under 10 years of age. And at 7pm for 11 years old and up.

Junior Tennis Groups

If you are looking for a place to take tennis lessons for you or your children, this is the place. Director of Tennis, John Thomas has over 13 years of teaching experience and is USPTA, Master Racquet Technician and Cooper Institute Personal Trainer certified and truly cares about you and your family. John loves teaching tennis and it shows in his lessons.

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 on Mondays and Wednesdays 3:15pm – 4:00pm or Tuesdays and Thursdays 3:15 – 4:00pm. Cost: \$80.00 members per month, \$100.00 non-members 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 or Tuesdays and Thursdays 4:00 – 5:00pm. Cost: \$85.00 members per month, \$105.00 non-members 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. Cost: \$170.00 members per month, \$190.00 non-members 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. Cost: \$220.00 members per month, \$240.00 non-members 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! Saturdays 4:00 – 6:00pm. Cost: \$10.00 members, \$15.00 non-members

We look forward to seeing you out on the courts soon! Stop by or call John Thomas and visit with him about what you would like to see at the club. John Thomas, Director of Tennis, 210-535-5683, jtjohnjr@gmail.com

Adult and Other Programs

Water Aerobics. Will be starting in May. This is open to members and non-members. Please check our web site for days and times.

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. Cost: \$12.00 per person, per day or \$40.00 for 4 weeks (members) \$17.00 per person, per day or \$55.00 for 4 weeks (non-members)

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. Cost: \$15.00 per person, per day (members), \$20.00 per person, per day (non-members).

Art Classes. Colonies House will be offering evening Art Classes in June for children kinder and up. The classes will be offered Tuesday, Wednesday and Thursday night and limited to 24 students.

Community Garage Sale. Colonies House is working on sponsoring a community garage sale on Saturday June 26 at the Colonies House.

Please check the web site for more information.

Colonies House Swim and Tennis
3511 Colony Drive, San Antonio, Texas
www.colonieshouse.com