

Colonies House Swim and Tennis Club

Open House, May 8, 1:30PM to 5PM

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.

Other Special Events

Monday May 31, 2010 1:30-5:00PM. *Memorial Day Party and Open House*. Everybody Welcome
Sunday July 4, 2010 9:00AM. *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

Days: May 8, 9, 15, 16, 22, 23, 29, 30, 31; June 5-30, July 1-31; August 1-22, 28, 29; and Sept. 4, 5, 6
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

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.

- **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 6-8PM. Two additional days per month for 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. Saturdays 4-6PM. Cost: \$10.00 members, \$15.00 non-members

Stop by or call John Thomas, Director of Tennis, 210-535-5683, jtjohnjr@gmail.com

Adult and Other Programs

- **Water Aerobics.** Will be starting in May. Open to members and non-members. Check web site.

- **Cardio Tennis.** Come out and burn calories. Open to all fitness and playing levels. Classes are Fridays, 9-10AM. 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. 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. Limited to 24 students.
- **Community Garage Sale.** Planned for Saturday June 26 at the Colonies House.

Please check the web site for more information.

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www.colonieshouse.com, Twitter: Colonies House