

Colonies House Swim and Tennis Club

Remember the 4th of July Parade starts at 9pm in the parking lot of the Colonies House. This event is open to the whole community so decorate your bikes, wagons and pets and join the parade. Also, it is not too late to join the club and enjoy the pool and tennis courts. Check our web site for your membership form.

Tennis at Colonies House

The summer Tennis program is in full swing.

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, 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.

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

Junior Groups at Colonies House:

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.

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.

Junior Advancement Group (JAG) – 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.

High Intensity Tennis (HIT) – 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!

All times are available on the website. Contact John Thomas, Director of Tennis, 210-535-5683, jtjohnjr@gmail.com

Colonies House Calendar

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

Colonies House Hours

Pool Hours for Members: 1:30 - 9:00pm.

Dates: July 1-31, August 1-22, 28, 29, September 4, 5, 6

Please check our web site or follow us on twitter for other special events.

Victor Camacho