

Summer Adult Racquets Programming

June 17th - August 17th, 2024

If you are unsure about what drills would be best suited to you, please contact Jason for more information at jbates@gulllakecc.com.

Pickleball

Ladies' Night Pickleball Round Robin - Monday nights are dedicated to all our female members looking to get involved with pickleball in a fun and social way. This organized night was a success last season and we hope to keep the momentum going. Sign up with a partner and the staff will match you up with a team of similar abilities. You do not have to commit to attending every week. An email will be sent out to see who is available each week.

Mondays: 5:30-7:30 PM

Beginner Drill (Pickleball 101) – This drill is for members who want to learn the fundamentals of pickleball. Drills will focus on the fundamentals of strokes, scoring and basic game play. Both men and women are welcome to join these drills.

Tuesdays: 6:00-7:00 PM

Ladies Pickleball Level League – This league is brand new this summer. It was created to give an outlet to women that would like to play in a competitive atmosphere. Players will sign up in teams and a weekly schedule will be created. Each week points will be awarded, and a weekly total will be tallied for the duration of the league. When the regular season is finished there will be a finals match to determine the league champions. A more thorough description will be sent out well in advance of the season and teams must sign up in advance.

Thursdays: 5:30-7:30 PM

Season 1: 4 weeks June 6th -June 27th

**** An additional season will be added in the second half of the summer if there is interest.**

Tennis

“Classic” Cardio Tennis Drill – We are bringing back the format that was used for cardio previous to the 2022 season and will focus on high intensity hitting drills. This exercised-based drill is designed for men and women of intermediate and above abilities, and fitness levels. The drill will be very low pressure but high energy. It will include three segments: warm up, cardio workout and cool down. This year we would prefer participants to sign up in advance, but last-minute drop-in's will be allowed as well. Join the fun!

Wednesdays: 5:30-7:00 PM

Saturdays: 9:00-10:30 AM

Beginner Cardio Tennis – This is a new twist on our current cardio classes which will cater to players that are looking to get a great work out but are not interested in rallying or playing in a competitive environment. This class is sure to be a great workout for players of all ability levels in a low-pressure setting.

Fridays: 9:00-10:30 AM

Sunday: 9:00-10:30 AM

Beginner Drill (Tennis 101) - This drill is tailored to players that have never picked up a tennis racquet or are new to the game and have minimal experience. Drills will focus on the fundamentals of the game including basic stroke production (basics of the different swings) and will evolve into basic rally situations and some game play.

Saturdays: 11:00 AM-12:00 PM

Intermediate Adult Drill - This drill is for men and women that have taken some lessons in the past and are ready to take the next step. Players will need to be able to hold at least a ten-ball rally to participate in this drill. At this stage in developing a player's game, point play and extended rallies are crucial. This will be the focus of this drill as well as positioning and doubles strategy.

Mondays: 10:30 AM-12:00 PM

Advanced Adult Drills - This tennis drill is perfect for men and women who have been playing at a competitive level and wanted to refine their strokes, doubles strategies and add new weapons to their game. The drills will be a combination of tactical and technical training.

Mondays: 9:00-10:30 AM

Summer Adult Social Events & Tournaments

This summer we are going to have a mixture of both pickleball and tennis play at our social events. The goal in doing this is to maximize participation and ultimately, fun!

Social Events

- Racquet Season Opener - This is a fun event for men and women to kick off the season
Friday May 17th: 6:00-9:00 PM
- Adult Racquets Mixers – These events will revolve around social play for all abilities. Food and drinks will be served between rounds. Themes TBA
Friday June 7th , Friday July 26th, Friday August 9th : 6:00-9:00 PM
- Pickleball Member/Guest – Theme TBA
Saturday June 29th

Junior Summer Racquet Programming

June 17th - August 17th, 2024

Our junior program is designed for all levels, ages 3 to 18. Players have an option to come to one, two or three drills each week. We understand that summer is busy, and you can't come every week. This year we are offering the ability to purchase lesson packages for those that would like to come on a regular basis.

Pickleball

Rookies (1st – 4th Grade) - This drill is for kids just starting to learn the game of pickleball and will focus on the fundamentals of the game. It will also include hand eye coordination exercises that will translate to other racquet sports.

Mondays and Fridays: 3:00-4:00 PM

Superstars (5th – 8th Grade) - This drill is for kids just starting to learn the game of pickleball or that may have some experience with the sport from previous years. Depending on the level of the group, this drill will be oriented toward rallying and touch on scoring and match play.

Mondays and Fridays: 4:00-5:00 PM

Tennis

Tots - (Ages 3-5) - Your future star will learn basic movement, catching, throwing, hitting and the skills necessary to play the game. Your child will learn these skills while using modified balls. Skills taught in this drill will aide in overall athletic development.

Tuesday, Wednesday & Thursday: 9:00-9:30 AM

Rookies - (1st-4th Grade) - Players will learn the proper technique for groundstrokes, volleys and serves. We will also work on developing rally skills, working with a partner, and footwork. Rallying together and learning how to develop points will be a key focus.

Tuesday, Wednesday & Thursday: 9:30-10:30 AM

Superstars - (5th-8th Grade) - This drill reinforces proper technique with a focus on serving and learning the concepts of singles and doubles positioning and strategy.

Tuesday, Wednesday & Thursday: 10:30 AM-12:00 PM

Elite - (9th-12th Grade) - These players have developed their strokes and can construct a point as well as play matches. The drill will focus on proper execution during point play while fine tuning footwork and stroke patterns. Varsity level players will be separated into different groups for part of this drill to focus on higher performance skills and tactics.

Tuesday, Wednesday & Thursday: 1:00-2:30 PM

Junior Events, Matches & Tournaments

Match Play (ages 8-18)

Match play is a great way to take the skills that are learned in drills and put it to the test. We will be playing practice matches to help our kids understand the rules of the game, improve their game overall and prepare for interclub tournament matches.

Every Friday (non-tournament weeks): 11:00 AM-1:00 PM

\$16 per junior member

Junior Tournament Events

- Interclub Matches (with local clubs)
Dates TBA - \$16 per junior member

Junior Social Events

- Memorial Day Junior Kickoff Party
Monday May 27th: 10:00 AM-12:00 PM
- Junior Tennis Events
Fridays, June 8th and July 19th: 5:00–7:00 PM
- Prices \$20

Summer Program Pricing

This year we are offering the ability to purchase lesson packages for those that would like to come on a regular basis. Members can purchase a package (12 classes) or come on a drop-in basis (slight upcharge). The pricing below refers to both adult and junior classes. Packages are for individual use only and cannot be transferred between family members or across member accounts. Packages are only valid during the nine-week summer session.

Session Rates

Half Hour Drill **\$12**

Hour Drill **\$16**

One and Half Hour Drill **\$20**

	<u>Drop-in Rate</u>	<u>Package Rate (12)</u>
3-5 Year tots (.5 hr)	\$15.00	\$144.00
1st-4th Grade (1 hr)	\$20.00	\$192.00
5th-8th Grade (1.5 hr)	\$25.00	\$240.00
High School (1.5 hr)	\$25.00	\$240.00
19+ Adult Drill (1 hr)	\$20.00	\$192.00
19+ Cardio (1.5 hr)	\$25.00	\$240.00

***** NEW ***Family Lesson Package – \$300 - 20 group lessons that can be used for any classes among immediate family members. Private lessons excluded.**

Private Lessons

Racquets Director (Jason Bates)	\$70 per hour
Assistant Director/Pro	\$70 per hour
Assistant/Pro (TBD)	\$60 per hour
Semi-private (2-4 players)	\$36 per person per hour
Large Group (5+ Players)	\$33 per person per hour
Ball Machine	\$10 per use

Racquet Policies to Remember

- Pickleball and tennis courts may be reserved up to one week in advance using our online booking system (Court Reserve). Maximum of two hours per booking. If unable to keep a reservation, please cancel as soon as possible. Reservations will be forfeited if a “no-show” occurs within 15 minutes of the reserved time.
- Proper attire and court shoes must be worn on all courts.
- No food or beverages are allowed at Racquets Facility unless purchased at the Club. Arrangements can be made in advance by contacting the office or Racquets Director.
- Guests - all guests must be sponsored by a member in good standing and approved by the Racquets Director in advance.
 - The guest fee for open play is \$15.00 per person and will be billed to the member's account.
 - Guests may also accompany members to classes with advanced approval. Members will be charged the drop-in rate for that class.
 - Guests are permitted to play a maximum of 4 times per year when accompanied by a member.