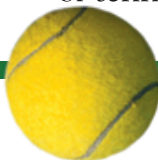


# 2009 Hershey Country Club Tennis Programs



Welcome to the 2009 tennis season. We are pleased to be a part of the USPTA's "Tennis for the Health of It" initiative. Our USPTA teaching staff is offering lessons and activities for all ages and skill levels. Make this your summer to "get healthy" and enjoy the great game of tennis.



## 2009 LESSON RATES

Private or Semi-Private Lesson	\$50.00/hour or \$37.50/45 minutes
Groups of 3 or More	\$54.00/hour
Hitting Lesson	\$40.00/hour

Discounts available on packages of 4 or more lessons.



## ADULT GROUP LESSON HOUR

Learn and/or improve your strokes and strategy. The lesson is offered on Mondays and/or Thursdays at 6:00 PM. The Monday lesson will be repeated on Thursday so you can attend one or both sessions for a double lesson (no charge for the 2nd).

**Fee: \$45.00/session; Drop-in rate is \$15.00/lesson.**

Session #1	Mondays, May 4, 11, 18, 25 or Thursdays, May 7, 14, 21, 28
Session #2	Mondays, June 1, 8, 15, 22, or Thursdays, June 4, 11, 18, 25
Session #3	Mondays, July 6, 13, 20, 27 or Thursdays, July 9, 16, 23, 30
Session #4	Mondays, August 3, 10, 17, 24 or Thursdays, August 6, 13, 20, 27

## ADULT DRILL WORKOUT

Join others for drills and game play. 45 minutes of drills and then 30 minutes of play.

Mondays starting May 4

7 – 8:15 PM. Fee: \$15.00/clinic.

## CARDIO TENNIS

Our most popular program, returns with more days and times. This program is a one-hour clinic that will get your heart pumping and improve your tennis and fitness while participating in fast-paced drills. You will sweat as you move to the beat of the music. Classes will be added as needed.



Fee: \$10.00/class

Spring schedule:	Starting April 11	Saturdays at 10 AM
	Starting May 7	Thursdays at 7 PM & Saturdays at 9 AM
	Starting June 8	Mondays at 9 AM, Thursdays at 7 PM, & Saturdays at 9 AM

## MEN'S & LADIES' PLAY NIGHTS

Looking for some play? These nights are designed for the Members to meet and play doubles and/or singles. Just show up. Men will play on most Mondays and women will play on Thursday nights when the Men's team is playing away.



## TEEN PROGRAMS

We would like to make *Hershey Country Club* “the place” for junior development. Stop in the Tennis Shop to discuss options for the 2009 season. From match play, to drills, to conditioning and strategies of the game, we can offer the tools to get your game to the next level.

## TEEN WEEK CLINICS

This is a group lesson clinic for ages 13 and up, who are interested in learning and/or improving their strokes and game. This program is best suited for the beginner to intermediate player. It is held 6 weeks on Tuesdays, Wednesdays, and Thursdays from 8:30 – 10 AM.

Teen Week #1	June 9, 10, 11
Teen Week #2	June 16, 17, 18
Teen Week #3	June 30, July 1, 2
Teen Week #4	July 15, 16, 17
Teen Week #5	July 21, 22, 23
Teen Week #6	July 28, 29, 30

Fee: \$45/week  
or  
\$105.00 for one week plus two 45-minute private lessons to be scheduled at your convenience.  
*Multiple week discounts available.*

## ADVANCED TEEN CLINICS

This clinic is held twice a week and is great for the player who is looking for a weekly workout to fit their busy summer schedule. The clinic is filled with a variety of topics from stroke mechanics, movement training, strategy, functional tennis fitness, and match play. It will be conducted similar to a team practice. Designed for the intermediate to advanced player ages 13 – 18.

Fee: \$15.00/clinic

Mondays starting May 18 4 – 5:30 PM  
Mondays and Thursdays beginning June 8 4 – 5:30 PM  
(Minimum of 3 participants to hold class.) Call ahead to register.

## JUNIOR CAMPS

High School Camps Day Camp Monday, June 22, Wednesday, June 24 & Thursday, June 25  
Ages: 13-18 8:30 AM – 12 PM Fee: \$100.00

Firecracker Camp Day Camp Monday, July 6, Wednesday, July 8 & Friday, July 10  
Ages: 10 – 18 8:30 AM – 12 PM Fee: \$100.00

High School/College Evening Camp Tuesday, August 4, Wednesday, August 5 & Thursday, August 6  
Ages: 14 – 20 6 – 9 PM Fee: \$85.00

## CHILDREN'S DIVISION

This lesson program accommodates beginning and returning players. It is built around the basic strokes of tennis. The focus is on fun and success with tennis. Fee: \$20.00/week

Mondays and Wednesdays

Week #1	June 8 & 10	RED Group	Ages: 4 & 5	2 – 2:45 PM
Week #2	June 15 & 17	WHITE Group	Ages: 6 & 7	2 – 2:45 PM
Week #3	June 22 & 24	BLUE Group	Ages: 8 – 12	3 – 4 PM
Week #4	June 29 & July 1			

\*Time and day change to Tuesdays and Thursdays

Week #5	July 14 & 16	RED & WHITE	Ages: 4 – 7	10 – 10:45 AM
Week #6	July 21 & 23	BLUE Group	Ages: 8 – 12	11 AM - Noon
Week #7	July 28 & 30			
Week #8	August 4 & 6			



Want your child to reap the benefits of a good cardio workout while having great fun? Enroll them in our Cardio Tennis for Kids. This 40-minute session will get their hearts beating and faces smiling. Ages 8 – 14—Monday & Friday mornings at 10 AM starting June 8.  
Cost \$6.00/clinic

You may register for our programs by calling the HCC Tennis Shop at 717-508-1770 or by emailing Peg Long, USPTA, HCC Head Tennis professional at [plong@HersheyPA.com](mailto:plong@HersheyPA.com). Please register in advance so that we can adequately staff all programs.