

2010 Hershey® Country Club Tennis Programs



Welcome to the 2010 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 fitness-oriented tennis classes, lessons, and activities for all ages and skill levels. Make this your summer to get healthy and enjoy the great game of tennis.



2010 LESSON RATES

Private or Semi-Private Lesson	\$54.00/hour or \$40.00/45 minutes
Groups of 3 or More	\$60.00/hour
Hitting Lesson	\$45.00/hour

*Discounts & packages are available - inquire at the HCC Tennis Shop for more details.



ADULT GROUP LESSON HOUR

Learn and/or improve your strokes and strategy. The lesson is offered on Mondays and/or Thursdays at 6 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: \$50.00/session; Drop-in rate is \$15.00/lesson.

Session #1	Mondays, May 3, 10, 17, 24, or Thursdays, May 6, 13, 20, 21
Session #2	Mondays, June 7, 14, 21, 28, or Thursdays, June 3, 10, 17, 24
Session #3	Mondays, July 5, 12, 19, 26, or Thursdays, July 8, 15, 22, 29
Session #4	Mondays, August 2, 9, 16, 23 or Thursdays, August 5, 12, 19, 26

ADULT DRILL WORKOUT

Join others for drills and game play. 40+ minutes of drills and then the remainder of the class is play.

Mondays starting May 3

7 PM Fee: \$15.00/clinic.

MEN'S & LADIES' PLAY NIGHTS

Looking for some play? These times are designed for the members to meet and play doubles &/or singles. Just show up.

Men's Night	Mondays at 6 PM	Starting May 3
Men's & Ladies' Morning Group	Wednesdays at 8:30 AM	Starting May 5
Ladies' Random Group	Let us know your email to stay in the loop for the ladies' play dates!	

CARDIO TENNIS

Our most popular program, Cardio Tennis, returns again this season. 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.



Fee: \$10.00/class

Spring schedule:	Starting May 1	Saturdays at 9 AM
	Starting May 6	Thursdays at 7 PM
	Starting June 7	Mondays at 9 AM

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 Fee: \$6.00 per person
Monday & Friday mornings at 10 AM starting June 11.



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 2010 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 on Tuesdays, Wednesdays, and Thursdays from 8:30 – 10 AM.

Teen Week #1	June 15, 16, 17	Teen Week #4	July 12, 14, 15
Teen Week #2	June 22, 23, 24	Teen Week #5	July 20, 21, 22
Teen Week #3	June 29, 30, July 1	Teen Week #5	July 27, 28, 29

Fee: \$45.00/week or
\$110.00 for one week plus two
45-minute private lessons to be
scheduled at your convenience.
*Multiple week discounts
are 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 10 4 – 5:30 PM
Mondays and Thursdays beginning June 10 4 – 5:30 PM
(Minimum of 3 participants to hold class.) Call ahead to register.

JUNIOR CAMPS

Firecracker Camp Ages: 10 – 18	Day Camp 8:30 AM – 12 PM	Monday, July 5, Wednesday, July 7 & Friday, July 9 Fee: \$100.00
High School/College Ages: 14 – 20	Evening Camp 6 – 9 PM	Tuesday, August 3, Wednesday, August 4 & Thursday, August 5 Tuesday, August 10, Wednesday, August 11 & Thursday, August 12 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 14 & 16	RED Group	Ages: 4 & 5	2 – 2:45 PM
Week #2	June 21 & 23	WHITE Group	Ages: 6 & 7	2 – 2:45 PM
Week #3	June 28 & 30	BLUE Group	Ages: 8 – 12	3 – 4 PM
*Time and day change to Tuesdays and Thursdays				
Week #4	July 12 & 14	RED & WHITE	Ages: 4 – 7	10 – 10:45 AM
Week #5	July 19 & 21	BLUE Group	Ages: 8 – 12	11 AM – Noon
Week #6	July 26 & 28			
Week #7	August 2 & 4			

HCC JUNIOR INTERCLUB TENNIS TEAM

Recommended for players ages 10+ who are interested in playing on a team. Weekly practices and competitions with other country clubs will be part of this team approach. A varied level of abilities will be accommodated. Contact the HCC Tennis Shop if interested.

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. Please register in advance for all programs so that we can adequately staff our programs.