

Frontenac pros. They make our club the sweet spot for developing your game.

Come off the courts just about any time of the day, and somebody at the desk is probably going to ask about that new serve you're working on.

Because whether they were ranked #8 in the world in doubles just a few years ago or are starting to break into the big time now, Frontenac pros are all about your game.

Plus your friends' games. Your spouse's game. And, of course, your kids' games.

From clinic to clinic, week to week, year to year, our pros get to know your whole game rather well – your strokes, your strategy and what you need to get to the next level.

So, steadily, you're learning new skills and using them in your games and matches. And **getting** to that next level. But mostly, you're having fun and getting a great workout with your pals.

And that's what makes Frontenac, well, Frontenac.

Of course, you'll find all the facilities you'd expect at a first-rate tennis club:

Eight very nicely lit indoor courts. Complete locker-room facilities with private showers. A snack bar with full liquor license and a comfy lounge – plus daytime child care courtesy of every little kid's best friend, Pam Busch.

Fr  **ntenac**
314-991-5599

10455 German Boulevard
St. Louis, MO 63131

The
sweetest
clinic
spots
are at

Grab
yours
now!

Fr  ntenac

Programs
for Adults
2009-2010

*The club opens
September 8 -
the day after
Labor Day!*

Fr  ntenac
Racquet Club

The sweet spot
for St. Louis tennis.

314.991.5599
frontenactennis.com

At Frontenac, it's all about the tennis. So come get your game on!

Whether you're new to tennis, a tournament player or anywhere in between, you'll find enough going on at Frontenac to keep you playing every day. Just start with this handy guide!

Classes and clinics for women.

TNT: Tennis In No Time. Learn to play the fun way – or grab a refresher – in classes we custom-fit to your schedule. Talk to a pro to get started!

Intermediate Drills. Lots of exercise and FUN as we focus on the basics: strokes, where to be and why to be there. **Mondays, 1-2:30 pm.**

Interclub Practice. Run, drill, hit, play – and WIN MORE MATCHES. **Tuesdays, 11:30 am - 1 pm** and **1-2:30 pm.**

Working Women's Drills. The perfect way to end the day: everything from stretches and strategies to cardio tennis. **Wednesdays, 8:30-10 pm** or **Thursdays, 6:30-8 pm.**

Cardio Tennis. No instruction – just a cardio workout you won't find at any gym. **Thursdays, 10:30-11:30 am. Sessions 1 and 2, 7 weeks, \$150 each; Sessions 3 and 4, 8 weeks, \$170 each.**

Play with the Pros. Whether it's the kids or the clients, three women and a pro pound away the stress. Lots of strategy and great competition. **Wednesdays and Thursdays, 1-2:30 pm; \$32 a game.***

Matches for women.

Friday Fun Doubles/Singles. We match you with other women at your level; you play a brisk game for an hour and a half. **Fridays, 1-2:30 pm. \$16 a game for doubles; \$22 for singles.***

Interclub. Every Friday we field twelve courts of competitive doubles, to play other clubs around the area. Home matches are **11:30 am -1 pm. \$16 a match.***

Programs for men.

Men's Drill and Doubles. Drill for an hour, play for a half. We cover strokes, strategy, offense, defense and everything in between. **Wednesdays, 8:30-10 pm.**

Men's Singles. End your Mondays by matching skills and wits against a player at your level. **Mondays, 9-10:30 pm. \$22 a game.**

Men's Play with the Pros. The ultimate power lunch – three and a pro, pounding a can of brand-new tennis balls into dust. And picking up a ton of strategy along the way. **Thursdays, 11:30-1 pm. \$32 a game.***

Interclub. Play competitive doubles against other clubs in the area. **Saturdays, 1:30-3 pm. \$16 a match.***

Plus, the deal of the millennium: The Dawn Patrol.

Have you got what it takes to play tennis at 6 am? Then have we got a deal for you. Show up any morning – or every morning! – Monday through Saturday, and you'll find a game.

The entire fall session, September through December, is just \$190. Ditto for the spring session, January through May.

*Activities that show per-match prices let you sign up week-to-week. Join us when you can!

Don't miss a minute!
Everything starts September 8.

Sessions and dates. Pricing.

- | | | |
|---|---|-------|
| 1 | Sept. 8 – Oct. 25: 7 weeks | \$225 |
| 2 | Oct. 26 – Dec. 20: 7 weeks (off Nov. 23-29) | \$225 |
| 3 | Jan. 4 –Feb. 28: 8 weeks | \$255 |
| 4 | March 1 – May 2: 8 weeks (off Mar. 22-28) | \$255 |

Yes! Sign me up for these women's programs:

Intermediate Drills	Mondays, 1-2:30	_____
Interclub Practice	Tuesdays, 11:30-1	_____
Interclub Practice	Tuesdays, 1-2:30	_____
Working Women's Drills	Weds, 8:30-10 pm	_____
Working Women's Drills	Thurs, 6:30-8 pm	_____
Cardio Tennis	Thurs, 10:30-11:30	_____
Play with the Pros*	Weds, 1-2:30	_____
Play with the Pros*	Thurs, 1-2:30	_____
Friday Fun Dbls/Sgls*	Fridays, 1-2:30	_____
Women's Interclub*	Fridays, 11:30-1	_____

And/or these men's programs:

Men's Drill and Doubles	Weds, 8:30-10 pm	_____
Men's Singles	Mondays, 9-10:30p	_____
Play with the Pros*	Thurs, 11:30-1	_____
Men's Interclub*	Saturdays, 11:30-1	_____

And/or the Dawn Patrol:

Session 1 \$185 _____ Session 2 \$185 _____

Name _____

Club # _____

Phone _____

Cell _____

Email _____