



DEER LAKE

ATHLETIC CLUB



TENNIS OPEN PRACTICE SCHEDULE

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|--|--------------------|------------|---------|
| Saturday | 8:00 am — 10:00 am | Mixed 3.5+ | Bjoern |
| Saturday | 10:00 am — Noon | Mixed 3.0+ | Nick F. |
| 2 Hours, Members \$30.00 — Non-Members \$35.00 | | | |

SUBURBAN TEAM PRACTICE SCHEDULE

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|-----------|--------------------|---------|---------|
| Monday | 9:30 am - 11:30 am | 8.0/8.5 | Mary Jo |
| Monday | 11:30 am - 1:30 pm | 5.5 | Nick L. |
| Tuesday | 9:30 am - 11:30 am | 7.0/7.5 | Mary Jo |
| Wednesday | 9:30 am - 11:30 am | 6.5 | Nick L. |

Suburban practices are designed for players on the tennis teams indicated. Players work on doubles team work and playing strategies. Suburban players must be DLAC members.

GET UP AND MOVE — CARDIO TENNIS!

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|----------|--------------------|---------------------|--------|
| Sunday | 9:30 am — 11:00 am | Cardio (all levels) | Bjoern |
| Thursday | 9:30 am — 11:00 am | Cardio (all levels) | Bjoern |

Practices consist of a combination of drills, competitive games and match play. Players work on various strokes and strategies in a fun environment. **Advanced registration recommended—at least five players required for practice pricing. If you are signed up with less than five, you can still drill but would be charged accordingly, as a semi-private or a 4 or 3 & me. Sign up at the front desk.**

TEAM MATCH PRICES

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|---------------------------------|-----------------|
| Suburban Match (Friday Daytime) | \$22 per person |
| Fall/Winter USTA | \$18 per person |
| Summer USTA | \$16 per person |
| USTA Singles Leagues | \$20 per person |

**Interested in playing on a team?
Talk to one of our helpful tennis staff members to get started!**