



1300 E. 96th Street
Indianapolis, IN 46240
www.fiveseasonsindi.com

FIVE SEASONS
SPORTS CLUB



Indianapolis 2008-2009

Tennis



FIVE SEASONS

Five Seasons Adult Programs

Our goal is to offer clinics that reach out to all abilities of adult players. Based on the *P.A. System* created by our Five Seasons Director of Tennis, an adult can continue to grow his/her game both technically and tactically from the beginner to competitive match play level. Contact Shelly Wild, Tennis Operations Manager (ext 225), for questions concerning adult programming.

Stroke Production (SP 1)

This is a beginner class that emphasizes the production of proper groundstrokes, volleys and serves. Non-members may take their first session of lessons before joining the club. All classes must be paid for in advance. Minimum of four students required.

Fall Session September 8 - November 12, 2008

Winter Session January 12 – March 18, 2009

Spring Session April 13-May 20, 2009

Monday 10-11am or

Monday 7-8pm **Fee(Mbr/Non)**

Fall \$150/160

Winter \$150/160

Spring \$90/96

Wednesday 6-7pm **Fee(Mbr/Non)**

Fall \$150/160

Winter \$150/160

Spring \$90/96

Stroke Production 2 (SP 2)

This is an advanced beginner/intermediate class that reinforces the tennis basics (forehand and backhand groundstrokes, volleys and serves.) In addition, there will be an introduction to strategic play. Non-members may take their first session of lessons before joining the club. All classes must be paid for in advance. Minimum of four students required.

Fall Session September 8 - November 12, 2008

Winter Session January 12 – March 18, 2009

Spring Session April 13-May 20, 2009

Monday 7-8pm **Fee(Mbr/Non)**

Fall \$150/160

Winter \$150/160

Spring \$90/96

Wednesday 6-7pm **Fee(Mbr/Non)**

Fall \$150/160

Winter \$150/160

Spring \$90/96

Cardio Tennis

Cardio tennis has been developed to encourage quality physical activity. One of our trained tennis professionals will provide a work out where players of different fitness, age, and skill levels participate in the same Cardio Tennis Session. Participants will consistently elevate their heart rates into aerobic training zone, enabling them to burn calories, increase cardiovascular fitness and other fitness components. Cardio Tennis is a great way to get in shape, cross-train, or just work out with friends. Are you ready for heart pumping action?

Day	Time
Mon	11am-12pm
Thursday	11am-12pm
Thursday	6-7pm
Saturday	8-9am
Sunday	9-10am

Four-person minimum per class. Class participation may be limited based on additional court/instructor availability. 24 hour advance sign-up required.

Cost: \$5/per time

Jumpstart Tennis (JP)

If you are just starting out or just have been away from the game for some time, this is the perfect introductory or refresher course. Learn the technique of the tennis basics: volleys, forehand & backhand groundstrokes and serves. Basic play situations will also be introduced. This five-week program is designed to give your tennis game a “jump” start. It consists of 2 one-hour classes during the week along with an optional one-hour ball machine group practice. Bring a friend. (Participation limited to one session.)

Fall Session September 15 – October 16, 2008

Winter Session January 19 – February 19, 2008

Spring Session April 20 – May 21, 2008

Day(s)	Time	#Weeks	Fee(Mbr/Non)
Mon/Wed	10-11am	3	\$125/\$135
Mon/Wed	7-8pm	3	\$125/\$135
Tues/Thurs	6-7pm	3	\$125/\$135

Private Lessons

Private lessons with one of our pros can advance your game faster than any other method. Private lessons can be arranged by directly contacting the individual pro.

Women's CIWITL Teams

Five Seasons will be host to several Central Indiana Women's Indoor Tennis League teams this year. Teams are formed by the following NTRP ratings:

A team (4.1-4.5), B team (3.6-4.0), C team (3.1-3.5), Q team (2.6-3.0), X team (2.0-2.5)

Based on last year's participation, we will offer 6 different teams this year (one X, two Q, two C and one B). Molly Card Beckmann (ext 229) is our Five Seasons League Coordinator.

The following are the practice times and the lead contact person for each team:

Q Monday 9-11am (Dianne)

Q Tuesday 9-11am (PA)

C Tuesday 9-11am (Dianne)

C Tuesday 11-1pm (PA)

B Thursday 9-11am (Dianne)

X Thursday 9-11am (PA)

Each of the team practices will start the week of August 18, 2008 and continue through May 12, 2009. There will be no practices Labor Day (September 1), Thanksgiving (November 27), and Christmas break (December 22 – Jan 4). Enjoy a complimentary beverage in the restaurant after each practice. Coaching at both home and away matches will be provided. Team practices will be billed in two installments (August/January) of \$375 each.

Adult Special Events

Adult special events are open to all members and their guests. Fun doubles play for all levels followed by refreshments and socializing. More information on dates, times and prices are available by contacting Shelly Wild (ext 225).

Fall Kick-Off /US Open Cook Out

Saturday evening 5-9pm, September 6, 2008

Watch the US Open women's final and toast the winner with our Five Seasons pros. Dinner and round robin doubles play.

\$15/per person (tax & gratuities will be added)

Run Off the Turkey Drill

Friday morning 9-11am, November 28, 2008

Check the monthly newsletter or the website for the calendar of events.

TGIF doubles mixers

Pizza and Suds

Mexican Fiesta

Chinese New Year

CO-ED High Intensity Hit

Action packed drills for development in movement skills, dynamic hitting patterns and match play skills. Live ball drills will be used along with various physical activities to help enhance your tennis game. Join the pro staff for a complimentary beverage in the restaurant after each class.

Day	Time
Tuesday	7-9pm
Sat	10am-12pm

Cost: \$28/per time or prepay for 5x/\$130, 10x/\$240, 15x/\$330 (Can be used at any time during the 2008-2009 Indoor Season)

Men's Hit

Competitive men's singles and doubles drills and match play. Our Five Seasons pros provide coaching on strategy, tactics, and positioning. Join the pro staff for a complimentary beverage in the restaurant after each class.

Day	Time
Wednesday	7-9pm
Sat	8-10am

Cost: \$28/per time or prepay for 5x/\$130, 10x/\$240, 15x/\$330 (Can be used at any time during the 2008-2009 Indoor Season)

Four-on-One

Competitive drill sessions with a Five Seasons professional, Four-on-Ones are private group lessons scheduled on a weekly basis. Each one of four players scheduled pays one quarter of the pro's private lesson rate. Contact your favorite pro for availability. Lesson rates will vary.

Pro-flight

Need a fourth player for your doubles match? Why not enjoy a one and a half hour playing lesson with one of our talented staff professionals? Form your own group, choose your own time and benefit from the playing expertise of the professional of your choice.

In-house League Play

Leagues will be formed based on player interest and court availability. Progressive singles and doubles play currently available, contact Molly Card Beckmann (ext 229) for more information.

Five Seasons Junior Programs

Our goal is to offer clinics that reach out to all ages and abilities of players. The junior program aims to provide productive learning sessions in a structured and fun atmosphere. Based on the *P.A. System* created by our Five Seasons Director of Tennis (with over 30 years of teaching experience), children of all ages can excel at the game of tennis.

- ❖ All players must check in at the Member Services desk before entering the courts.
- ❖ Four persons per class minimum, unless otherwise specified.
- ❖ Groups may be prorated for late start.
- ❖ Pros reserve the right to place players in lessons according to their level.
- ❖ Non-members welcome to participate in Pre-TP and TP 1 classes. (Payment in full required before first class.)

Pre-TP Session Dates

Fall: August 18 – October 26, 2008

No class August 30 – September 1

Winter I: October 27 – Dec 21, 2008

No class November 27 – 30

Winter II: January 5 – March 15, 2009

Spring: March 16 – May 31, 2009

No class May 23 - 25

(All Spring classes prorated to accommodate one week for Spring Break. Students may participate the extra week of Spring Break at no additional charge.)



Little Swingers (Pre-TP)

Mom and me (or dad!) class for 2+ and 3 year olds. Pro works on court with both parent and child to encourage interest in tennis and motor skills development.

Monday 9:15 – 10 am	Fee (Mbr/Non)
Fall	\$81/\$90
Winter I	\$72/\$80
Winter II	\$90/\$100
Spring	\$81/\$90
Wednesday 10 – 10:45am	Fee (Mbr/Non)
Fall	\$90/\$100
Winter I	\$72/\$80
Winter II	\$90/\$100
Spring	\$90/\$100

Munchkins (Pre-TP)

This class for children 5 years old and under focuses on learning basic tennis skills. In addition, emphasis will be placed on hand-eye coordination, athleticism and improving social & group interaction.

Monday 9 – 10 am	Fee (Mbr/Non)
Fall	\$108/\$117
Winter I	\$96/\$105
Winter II	\$120/\$130
Spring	\$108/\$117
Tuesday 1 – 2 pm	Fee (Mbr/Non)
Fall	\$120/\$130
Winter I	\$96/\$104
Winter II	\$120/\$130
Spring	\$120/\$130
Wednesday 9 – 10am or Wednesday 1 – 2 pm	Fee (Mbr/Non)
Fall	\$120/\$130
Winter I	\$96/\$104
Winter II	\$120/\$130
Spring	\$120/\$130
Saturday 9 – 10 am*	Fee (Mbr/Non)
Fall	\$81/\$90
Winter I	\$63/\$70
Winter II	\$90/\$100
Spring	\$81/\$90

***Saturday class meets on racquetball court with mini net and foam balls**

Tournament Players Program (TP)

An instructional program designed to provide a natural progression of learning the game of tennis from the beginner level to advanced tournament play. Based on the *P.A. System*, students learn proper stroke production, point play strategies, athletic development, character building and sportsmanship.

TP1 (Starter)

An introductory junior program for 6-10 year olds emphasizing stroke development. USTA Quickstart fundamentals will be utilized to incorporate competitive game opportunities.

Tuesday 4-5pm or

Tuesday 5-6pm	Fee (Mbr/Non)
Fall	\$140/\$150
Winter	\$252/\$270
Spring	\$140/\$150

Thursday 4-5pm or

Thursday 5-6pm	Fee (Mbr/Non)
Fall	\$140/\$150
Winter	\$238/\$255
Spring	\$140/\$150

Friday 4-5:30pm

Fee (Mbr/Non)	
Fall	\$190/\$200
Winter	\$304/\$320
Spring	\$190/\$200

Saturday 9-10am or

Sunday 12-1pm	Fee (Mbr/Non)
Fall	\$126/\$135
Winter	\$238/\$255
Spring	\$126/\$135

TP1, TP2 & TP3 Session Dates

Fall: August 18 – October 26, 2008

No class August 30 – September 1

Winter: October 27 – March 15, 2009

No class November 27 – 30

No class December 22–January 4

Spring: March 16 – May 31, 2009

No class May 23 - 25

(All Spring classes prorated to accommodate one week for Spring Break. Students may participate the extra week of Spring Break at no additional charge.)

TP2 (Junior Development)

A beginner to intermediate program for 9-14 year olds emphasizing stroke production, form and control. This class will provide opportunities for point play, competitive drills and basic game strategies. Junior Club Membership required.

Tuesday 4-5pm or

Tuesday 5-6pm	Fee:
Fall	\$140
Winter	\$252
Spring	\$140

Thursday 4-5pm or

Thursday 5-6pm	Fee:
Fall	\$140
Winter	\$238
Spring	\$140

Friday 4-5:30pm

Fee:	
Fall	\$190
Winter	\$304
Spring	\$190

Saturday 10-11am

Fee:	
Fall	\$126
Winter	\$238
Spring	\$126

Sunday 1-2:30pm

Fee:	
Fall	\$171
Winter	\$323
Spring	\$171

TP3 (Junior Development Advanced)

Juniors 14 and under must be able to play sets. Preparation for tournament play emphasizing stroke production, form and control. This class will provide opportunities for point play, competitive drills and basic game strategies. Players will participate in USTA Jr. Team Tennis. Junior Club Membership required.

Tuesday 4-6pm and

Thursday 4-6pm	Fee:
Fall	\$500
Winter	\$875
Spring	\$550

All sessions above can be billed in two payments: Aug/Sept, Oct/Jan & Mar/Apr

TP4 (Futures)

Tournament players with CITA and/or Midwest ranking who are 14 and under. Preparation for tournament play emphasizing stroke production, control and technique. This class will provide opportunities for point play, competitive drills and advanced game strategies. Regular participation in CITA and/or Midwest level tournaments will be necessary to qualify for this class. Price includes tournament coaching when available. Junior Club Membership required.

Monday 4-6pm and

Wednesday 4-6pm

Fee:

Fall* \$475

Winter \$900

Spring \$475

All sessions above can be billed in two payments: Aug/Sept, Oct/Jan & Mar/Apr

*Middle school team players only may participate per class. Cost: \$28/time

TP5 (High School)

For JV and Varsity High School players wanting to continue the development of their game. This class will provide opportunities for point play, competitive drills and emphasize use of game strategies. Advanced stroke technique on serves, backhand slice, and specialty shots. Price includes tournament coaching when available. Junior Club Membership required.

Tuesday 4-6pm and

Thursday 4-6pm

Fee:

Fall \$500

Winter \$875

Spring \$550

All sessions above can be billed in two payments: Aug/Sept, Oct/Jan & Mar/Apr

Girls only (Taught by Female Pro Staff)

Friday 4-5:30pm

Fee:

Fall \$190

Winter \$323

TP6 (Masters)

CITA/Midwest/Nationally ranked elite players tournament program. Invitation only. Training for tournament play emphasizing stroke production, control and technique. This class will emphasize point play, competitive drills and advanced game strategies and tactics. Price includes tournament coaching when available. Junior Club Membership required.

Monday 4-6pm and

Wednesday 4-6pm

Fee:

Fall \$475

Winter \$900

Spring \$475

All sessions above can be billed in two installments: Aug/Sept, Oct/Jan & Mar/Apr

TP6+ (Super Group)

Invitation only. Academy training for elite high school age tournament players. Price includes tournament coaching when available. Other training opportunities will be scheduled on an individual basis. These options include: private instruction and fitness training (fees vary). Junior Club Membership required.

Monday 4-6pm and

Wednesday 4-6pm

Fee:

Fall \$475

Spring \$475

Monday 8-10pm and

Thursday 8-10pm

Fee:

Winter only \$875

All sessions can be billed in two installments: Aug/Sept, Oct/Jan & Mar/Apr

TP4, TP5, TP6 & TP6+ Session Dates

Fall: August 18 – October 26, 2008

No class August 30 – September 1

Winter: October 27 – March 15, 2009

No class November 27 – 30

No class December 22 – January 4

Spring: March 16 – May 31, 2009

No class May 23-25

(All Spring classes prorated to accommodate one week for Spring Break. Students may participate the extra week of Spring Break at no additional charge.)

Pro-files

Meet our professional tennis staff.



P.A. Nilhagen

P.A. is the Five Seasons Director of Tennis. P.A.'s coaching highlights include:

- Coached players to over 60 individual Indiana High School State Championships
- Coached more than 300 players who have played college tennis
- Coaching players at the US Open, Australian Open, Wimbledon, US Clay Courts, and Masters Doubles.
- Todd Witsken, Stephanie Reese, and Ginny Purdy are just a few notable professionals coached by P.A. over the past 30 years. USPTA Certified

Check out more about P.A. on www.thepasystem.com

Dianne Brown

Originally from Australia, Dianne has been with Five Seasons since 1999. She played on the Women's Professional Tour for seven years. She competed in all Major events, winning the Australian Open Doubles Championship and was also ranked #1 in the world in Women's Doubles. Dianne is a USPTA certified teaching Professional who has coached several USTA adult league teams to National Championships.

Molly Card Beckmann

Molly is the Five Seasons League Director. Molly is a graduate of Southern Illinois University where she played on the tennis team all four years, playing at #1 singles and doubles. While at SIU, Molly was ranked in the top 100 nationally in singles for Division I tennis. She was also on the Missouri Valley All-Conference Team and All-Academic Team. She is a certified USPTA Professional 1 and is on the USPTA Midwest Board of Directors.

Jason Cash

While playing 4 years of varsity high school tennis at Castle High School in Newburgh, IN, Jason was named to the Indiana All-State Team and inducted into the Castle High School Hall of Fame. He played his collegiate tennis at the University of Southern Indiana, and served as co-captain in the first ever NCAA tournament. Jason has been coaching tennis for 8 years and currently serves as the boys' tennis coach at University High School while representing Dunlop sports as the Midwest Territory Manager. USPTA, PTR Certified.

Kurt Ehrhardt

After 28 years of teaching abroad, former Brownsburg High School valedictorian and varsity tennis player (Class of 1972), Kurt has returned to join Five Seasons. Kurt had worked with P.A. in the 1970's at North Central and traveled with him to the Grand Slam Events as well as touring around the world. Kurt was the Head Pro for Vic Braden in his five tennis camps in West Germany. Kurt was also technical editor for the German Tennis Magazine. Kurt produced, edited, and directed a teaching film, "Turbo Tennis". Kurt speaks fluent French, German and Spanish. He has been affiliated with the USPTA, USPTR, and the German teaching pro organizations.

Ariel Gallanosa

Ariel was born and grew up in Anderson, Indiana. He was ranked as a junior and selected to the IHSAA All-State Doubles Team. Ariel went on to play varsity tennis at Butler University where he graduated with degrees in Chemistry and Spanish. He has over six years of professional teaching experience with two other clubs in the Central Indiana area. Ariel enjoys working with adults and juniors. He is certified as a teaching professional with the USPTA.

Dave Heffern

Dave has many years experience teaching in California and Indianapolis. He has been the Park Tudor's boys and girls coach for 8 years. His teams have been state champions over 10 times. Prior to coming to Indianapolis, Dave traveled for three years on the ATP tour coaching two players.

Jeff Johnston

Jeff is originally from Canton, OH where he played football and tennis at Walsh University. He is PTR and USPTA certified. Before arriving at Five Seasons, he taught on Hilton Head Island, SC at the Sea Pines and Port Royal Racquet Clubs. Jeff's accolades include working with the former #1 player in the world, Stan Smith. As well as working with the legendary coach Dennis Van Der Meer

Jennifer Reinbold

Jennifer grew up in South Africa and was ranked the #1 player throughout her junior career. She competed on the WTA tour for 8 years playing all of the Grand Slams and reaching the quarterfinals of Wimbledon in 1983. She was certified by the USPTA P1 and has published several tennis related articles.

Don Roesler

Don attended University of Nevada at Las Vegas. He is certified by the United States Professional Tennis Association. Don has been a professional since 1993 and has been at Five Seasons since 2000. USPTA P1 Certified.

Eric Stark

Eric began his tennis career at Lake Central High School. In his senior year, he compiled a 25-7 record and won All-Conference, All-District, and All-State Honorable Mention. In addition, he was a coach teaching at camps and giving private lessons. While at Butler University, Eric founded and coached the successful Butler Club Tennis Team.

Micah Torgersen

Micah is a graduate of Anderson University where he played tennis and basketball. Micah was twice named to the all-conference tennis team. On graduation, he moved to Hilton Head, South Carolina where he taught at Van Der Meer Tennis University. He has been teaching tennis since 2003 and is a USPTR Certified Professional. Micah has also coached at the high school and college levels.

Shelly Wild

Shelly is the Tennis Operations Manager. She played 4 years of tennis for Purdue University and was a scholarship recipient. Prior to moving to Indiana from the Chicago area in 1997, Shelly was a supervisor at Heritage Tennis Club in Arlington Heights, IL. She was also Girl's Varsity Tennis Coach for the Buffalo Grove High School. Shelly taught at the Libertyville Tennis Club from 1987-1994 where she also was Director of Lessons & Programs and Pro Shop Manager. She was credited by the USPTA with a P1 certification in 1989. She has traveled as a coach with players to both national and pro satellite events. In addition, Shelly taught for Vic Braden Tennis in Frankfurt, Germany in 1986.

Tennis Court Reservations

All members must register with the Member Service Desk before entering a court area. Membership number and type must be given when making all reservations. The names of all persons playing (if known) should be given at the time the reservations are made. Indoor and outdoor courts may be reserved up to seven days in advance.

Permanent or seasonal/contract time may be pre-booked for the indoor season, please contact the Tennis Operations Manager for more information. Members contracting for pre-booked time are financially obligated for the entire amount due. This program is set up on an annual basis with the previous year's seasonal time holder receiving first right for specific times.

Tennis group lessons may be scheduled by contacting the Tennis Operations Manager. All court and lesson fees must be paid or signed for prior to entering courts. Private lessons should be scheduled with the specific pro.

Junior Tennis Members may walk-on. Junior "walk on" is defined as having the ability to access a court a maximum of one hour or less in advance at no charge (only if courts are available). Those players without "walk on" privileges will pay for their share of the court fee. "Walk on" courts are limited to one hour. If courts are available, additional time will be allowed in one-hour increments.

Clay courts open at 8:00am during the season. The courts are closed for afternoon maintenance between the hours of 12:00pm-1:00pm and 3:00pm-4:00pm throughout the week. The Tennis Director, or in his absence, the manager on duty, will determine if the clay courts are playable after a rain.

Cancellations

Court and lesson reservations must be cancelled 24 hours in advance to avoid being charged the appropriate fees.

Membership

Membership contracts available and are paid on a monthly basis. For more information, please contact the membership department. Junior memberships are available for players participating in Five Seasons junior programs.

Indoor Tennis Court Fees

Early Bird \$15.00/hour
(Opening – 9:00am)

Non-Prime Time \$20.00/hour
(9:00am – 5:00pm Weekdays)

Prime Time \$22.00/hour
(5:00pm – 9:30pm Weekdays)
(9:00am – 9:30pm Saturday)
(9:00am – 6:00pm Sunday)

Night Owl \$15.00/hour
(9:30pm – 10:30pm Monday-Saturday)
(6:00pm – 9:00pm Sunday)

Racquet Demo Program

Demo racquets from Prince, Head and Wilson models are available in the Pro Shop. Please check in the Pro Shop for a trial racquet, there is a \$1.00 charge per use per demo.

Ball Machine Usage

Any member (with tennis privileges) may use the ball machine at no charge. Applicable court fees will apply. To ensure availability, please call Member Services to reserve the ball machine and make a court reservation. The ball machine can also be used on the stadium court outside.

Tennis Balls

The club sells new Dunlop tennis balls for \$3.50 per can.

General Tennis Rules

Food and drinks are not allowed on the courts. Water is allowed on the court in closed containers only.

The use of profanity, loud noises, racquet throwing and any form of misconduct is not permitted.

Proper tennis apparel must be worn at all times on the courts. Customary men and women's tennis attire without a collar is acceptable. Cut-offs, jeans, muscle shirts, bare mid-riffs and swimsuits are unacceptable.

Running shoes or black/dark-soled shoes are not permitted on the courts. No running shoes on clay courts (smooth soled shoes only).

Members must cease playing immediately at the end of their allotted court time. Conversely, the next court occupants must wait in the lobby (or outside the court) until the proper time.

Only Five Seasons club professionals and teaching staff may give lessons or clinics.



FIVE SEASONS
SPORTS CLUB

Registration Form

Name _____ Mbr # _____
Address _____
City _____ Zip Code _____
Phone (home) _____ (cell) _____ (work) _____
Email address _____

Class/Name of Program _____

Day(s)/Time(s) of Class _____

Start/End of Session _____

Price _____

Please note any late start or attendance other than full time

It is expressly agreed that all use of Five Seasons Sports Club's facilities/programs shall be undertaken at the participants sole risk, and the Club shall not be liable for injuries or damages to participants or users, including, without limitation, those injuries or damages resulting from acts of active or passive negligence on the part of the Club, its owners, officers, employees or agents. Each participants for himself/herself and family members, and on behalf of his/her executors, administrators and assigns, expressly releases, forever discharges and waives any claims against the Club, its successors and assigns, as well as its owner, officers, employees and agents, from all such claims, injuries, damages, actions or causes of action.

Signature of Participant: _____

Date: _____

For Office Use Only:

Date paid/billed _____ Amount _____

Employee Signature _____