

Spring 2013 Golf and Tennis Classes



Tennis and Golf



St. Louis
Community
College

Continuing Education

3221 McKelvey Road, Suite 250
Bridgeton, MO 63044
314-984-7777

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St. Louis
Community
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Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping. Class limit six. Extra fee for balls.

PEDU:730

Four Sessions | \$45

| | | |
|-----|--|---|
| 840 | Sa 9am-10am April 13-May 4 | Landings at Spirit Golf Club |
| 860 | M 6:15pm-7:15pm Feb. 25-March 18 | Robert Jeep Sunset Hills Golf Learn. Ctr |
| 861 | W 6:15pm-7:15pm Feb. 27-March 20 | Robert Jeep Sunset Hills Golf Learn. Ctr |
| 862 | Sa 10:15am-11:15am March 2-March 23 | Robert Jeep Sunset Hills Golf Learn. Ctr |
| 810 | W 7pm-8pm April 3-April 24 | Big Bend Golf Center |
| 811 | Sa 10am-11am April 13-May 4 | Big Bend Golf Center |
| 812 | Su 1pm-2pm April 14-May 5 | Big Bend Golf Center |
| 820 | Sa 10am-11am April 6-April 27 | Eagle Springs Golf Course |

Six Sessions | \$59

| | | |
|-----|--------------------------------|---------------------------|
| 880 | W 6pm-7pm April 3-May 8 | The First Tee (S. County) |
| 881 | Sa 10am-11am April 6-May 11 | The First Tee (S. County) |
| 890 | M 6pm-7pm Feb. 4-March 11 | Tower Tee Golf Center |
| 892 | M 6pm-7pm March 25-April 29 | Tower Tee Golf Center |
| 891 | W 6pm-7pm Feb. 6-March 13 | Tower Tee Golf Center |
| 893 | Th 7pm-8pm March 28-May 2 | Tower Tee Golf Center |
| 894 | Sa 9am-10am Feb. 9-March 16 | Tower Tee Golf Center |
| 895 | Sa 10am-11am March 30-May 4 | Tower Tee Golf Center |
| 872 | Sa 9am-10am April 6-May 11 | Ruth Park Golf Course |
| 873 | Sa 11am-12pm April 6-May 11 | Ruth Park Golf Course |

Women Only Sections (Six Sessions)

| | | |
|-----|--------------------------------|-----------------------|
| 874 | Sa 10am-11am April 6-May 11 | Ruth Park Golf Course |
| 875 | Tu 6pm-7pm April 2-May 7 | Ruth Park Golf Course |

Twelve Sessions | \$109

| | | |
|-----|-------------------------------------|-----------------------|
| 870 | TuTh 11am-12pm April 2-May 19 | Ruth Park Golf Course |
| 871 | TuTh 4:30pm-5:30pm April 2-May 9 | Ruth Park Golf Course |

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed. Class limit 6. 6 sessions.

PEDU:732 | \$59

| | | |
|-----|-----------------------------------|-----------------------|
| 890 | Tu 10am-11am March 26-April 30 | Tower Tee Golf Center |
| 892 | W 11am-12pm March 27-May 1 | Tower Tee Golf Center |
| 897 | W 6pm-7pm March 27-May 1 | Tower Tee Golf Center |

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults. Class limit 6.

PEDU:731

Four sessions | \$45

| | | |
|-----|--|---|
| 840 | Tu 6pm-7pm April 9-April 30 | Landings at Spirit Golf Club |
| 841 | Sa 10am-11am April 13-May 4 | Landings at Spirit Golf Club |
| 860 | M 7:15pm-8:15pm April 8-May 13 | Robert Jeep Sunset Hills Golf Learn. Ctr |
| 861 | W 6:15pm-7:15pm April 10-May 15 | Robert Jeep Sunset Hills Golf Learn. Ctr |
| 862 | Sa 11:15am-12:15pm March 2-March 23 | Robert Jeep Sunset Hills Golf Learn. Ctr |
| 863 | Sa 10:15am-11:15am April 6-May 11 | Robert Jeep Sunset Hills Golf Learn. Ctr |
| 810 | M 6pm-7pm April 8-April 29 | Big Bend Golf Center |
| 811 | Sa 9am-10am April 13-May 4 | Big Bend Golf Center |
| 820 | Sa 10am-11am May 4-May 25 | Eagle Springs Golf Course |

Six sessions | \$59

| | | |
|-----|----------------------------------|---------------------------|
| 880 | Tu 6pm-7pm April 2-May 7 | The First Tee (S. County) |
| 892 | M 7pm-8pm March 25-April 29 | Tower Tee Golf Center |
| 893 | Tu 9am-10am March 26-April 30 | Tower Tee Golf Center |
| 894 | W 9am-10am March 27-May 1 | Tower Tee Golf Center |
| 890 | Th 6pm-7pm Feb. 8-March 14 | Tower Tee Golf Center |
| 891 | Th 7pm-8pm Feb. 8-March 14 | Tower Tee Golf Center |
| 895 | Sa 10am-11am Feb. 9-March 16 | Tower Tee Golf Center |
| 896 | Sa 9am-10am March 30-May 4 | Tower Tee Golf Center |

Golf: Chipping, Putting, Pitching and Sand Shots

Class will cover putting, chipping, pitching and sand shots and will cater to the beginner student as well as the student wanting to improve their game. Class limit 6. 4 sessions.

PEDU:732 | \$45

| | | |
|-----|--------------------------------|------------------------------|
| 840 | Tu 5pm-6pm April 9-April 30 | Landings at Spirit Golf Club |
|-----|--------------------------------|------------------------------|

Golf: Putting, Chipping, Wood and Iron Play

Class covers the use of woods and irons. Class limit 6. 6 sessions.

PEDU:732 | \$59

| | | |
|-----|---------------------------------|-----------------------|
| 893 | M 5pm-6pm Feb. 4-March 11 | Tower Tee Golf Center |
| 895 | Tu 7pm-8pm March 26-April 30 | Tower Tee Golf Center |
| 89A | Th 6pm-7pm March 28-May 2 | Tower Tee Golf Center |

Golf: Short Game Skills

Class covers the use of woods and irons. Class limit 6. 6 sessions.

PEDU:732 | \$59

| | | |
|-----|--------------------------------|-----------------------|
| 891 | W 10am-11am March 27-May 1 | Tower Tee Golf Center |
| 899 | Th 5pm-6pm March 28-May 2 | Tower Tee Golf Center |
| 89C | Sa 11am-12pm March 30-May 4 | Tower Tee Golf Center |

Golf: Parent/Child

Parent attends class with a child, ages 7-15. Registration required for each participant. Class limit 6.

PEDU:732 | \$59

Four sessions \$45

| | | |
|-----|-------------------------------|----------------------|
| 810 | M 5pm-6pm April 8-April 29 | Big Bend Golf Center |
| 811 | W 6pm-7pm April 3-April 24 | Big Bend Golf Center |
| 812 | M 7pm-8pm April 8-April 29 | Big Bend Golf Center |
| 813 | Su 12pm-1pm April 14-May 5 | Big Bend Golf Center |

Six sessions | \$59

| | | |
|-----|---------------------------------|-----------------------|
| 896 | Tu 6pm-7pm March 26-April 30 | Tower Tee Golf Center |
| 894 | W 5pm-6pm Feb. 6-March 13 | Tower Tee Golf Center |
| 898 | W 5pm-6pm March 27-May 1 | Tower Tee Golf Center |
| 89B | Sa 11am-12pm Feb. 9-March 16 | Tower Tee Golf Center |

Playing Golf Lesson

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and three other students on the regular course (not the par 3 beginner's course) to play nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$20 to play up to nine holes (includes a riding cart) on the regular course. Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | \$29

| | | |
|-----|--------------------------|---------------------------|
| 820 | M 5pm-7:30pm April 15 | Eagle Springs Golf Course |
| 821 | M 5pm-7:30pm April 29 | Eagle Springs Golf Course |
| 822 | M 5pm-7:30pm May 13 | Eagle Springs Golf Course |

Backyard Golf

Golf swings are complex and precise physical acts requiring regular correct practice to master. However in today's economy, spending time and money at a range or golf course isn't always an option. Learn specific and effective practice drills that you can use in your own backyard to continue practicing and becoming the best golfer you can be! Class meets at Creve Coeur's Municipal Golf Course (mandatory first class meets Tuesday, 4/9, with remainder of classes meeting on Sunday, 4/14-5/5) and an optional 2-hole round (\$7) is available to test what you learn. Golf balls provided for class.

PEDU:732 | \$29

| | | |
|-----|--------------------------|---------------------------------------|
| V01 | Tu 5:30pm-7pm April 9 | Melvin Klearman FV-Off Campus (CR) |
|-----|--------------------------|---------------------------------------|



Tennis Kickoff: Beginning I and II (NTRP 1.0-2.5)

Tennis Kickoff. No fee.

PEDU:733

720 Sa 11am-12pm **Mark Platt**
March 30 *Ladue Middle School*

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Vetta Concord Sports Club | 8 hours | \$75

Facility is not air-conditioned, dress appropriately.

M02 Th 1pm-2pm
Feb. 7-March 28 *Vetta Concord Sports Club*

M03 Sa 2:30pm-3:30pm
Feb. 9-March 30 *Vetta Concord Sports Club*

Vetta Concord Sports Club | 6 hours | \$59

Facility is not air-conditioned, dress appropriately.

M04 Sa 2:30pm-3:30pm
April 6-May 11 *Vetta Concord Sports Club*

Woods Mill Racquet Club | \$75

M01 Th 8:30pm-10pm
Feb. 7-March 21 *Woods Mill Racquet Club*

Florissant Valley Tennis Courts | \$75

580 Sa 10am-11am **Mark Platt**
April 6-May 11 *FV, PE-TENNIS*

Tennis: Beginning I and II (NTRP 1.0-2.5) - Outdoor

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$75

721 Sa 11am-12pm **Mark Platt**
April 6-May 11 *Ladue Middle School*

P02 Sa 9am-10am **Mark Platt**
April 6-May 11 *Francis Park*

P01 Sa 9am-10am **Mark Platt**
April 6-May 11 *Kaufman Park*

Tennis: Beginning I and II (NTRP 1.0-2.5) - Indoor

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$85

M05 Su 5pm-6pm **Mark Platt**
Jan. 27-March 3 *Frontenac Racquet Club*

M06 Su 5pm-6pm **Mark Platt**
March 10-April 21 *Frontenac Racquet Club*
No class 3/31

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734

Vetta Concord Sports Club | 8 hours | \$75

Facility is not air-conditioned, dress appropriately.

M02 Tu 10 am-11 am
Feb. 5-March 26 *Vetta Concord Sports Club*

M04 Sa 3:30pm-4:30pm
Feb. 9-March 30 *Vetta Concord Sports Club*

Vetta Concord Sports Club | 6 hours | \$59

Facility is not air-conditioned, dress appropriately.

M03 Tu 10 am-11 am
April 2-May 7 *Vetta Concord Sports Club*

M05 Sa 3:30pm-4:30pm
April 6-May 11 *Vetta Concord Sports Club*

Woods Mill Racquet Club | \$75

M01 Th 8:30pm-10pm
April 4-May 16 *Woods Mill Racquet Club*

Tennis: Intermediate I (NTRP 3.0) - Outdoor

See NTRP Rating Box. Tennis balls provided.

PEDU:735 | \$75

P01 Sa 10am-11am **Mark Platt**
April 6-May 11 *Kaufman Park*

P02 Sa 10am-11am **Mark Platt**
April 6-May 11 *Francis Park*

Tennis: Intermediate I (NTRP 3.0) - Indoor

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Vetta Concord Sports Club | 9 hours | \$79

Facility is not air-conditioned, dress appropriately.

M03 Tu 2pm-3:30pm
April 2-May 7 *Vetta Concord Sports Club*

M08 Sa 4:30pm-6pm
April 6-May 11 *Vetta Concord Sports Club*

Woods Mill Racquet Club | \$75

M04 Th 8:30pm-10pm
Feb. 7-March 21 *Woods Mill Racquet Club*

M05 Th 8:30pm-10pm
April 4-May 16 *Woods Mill Racquet Club*

Vetta Concord Sports Club | 12 hours | \$109 Facility is not air-conditioned, dress appropriately.

M01 Tu 2pm-3:30pm
Feb. 5-March 26 *Vetta Concord Sports Club*

M02 Th 2pm-3:30pm
Feb. 7-March 28 *Vetta Concord Sports Club*

M07 Sa 4:30pm-6pm
Feb. 9-March 30 *Vetta Concord Sports Club*

Forest Lake Tennis Club | \$85

M06 Sa 4pm-5pm **Mark Platt**
Jan. 26-March 2 *Forest Lake Tennis Club*

M09 Sa 4pm-5pm **Mark Platt**
March 9-April 20 *Forest Lake Tennis Club*
No Class 3/30

Youth Tennis and Golf Classes

Tennis for Youth Kickoff-Ages 7-10

Tennis for Youth Kickoff. No fee.

KIDS:709| No Fee

720 Sa 12pm-1pm **Mark Platt**
March 30 *Ladue Middle School*

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Tennis for Youth: Beginning I and II

Class designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.

KIDS:709

Outdoor | \$75

Ages 7-10

580 Sa 9am-10am **Mark Platt**
April 6-May 11 *FV, PE-TENNIS*

721 Sa 12pm-1pm **Mark Platt**
April 6-May 11 *Ladue Middle School*

Ages 11-15

P01 Sa 11am-12pm **Mark Platt**
April 6-May 11 *Kaufman Park*

P02 Sa 11am-12pm **Mark Platt**
April 6-May 11 *Francis Park*

Indoor | \$85

Ages 7-10

701 Tu 5pm-6pm **Mark Platt**
March 5-April 16 *Rockwood Valley Mid. Sch.*
No class 3/19

703 W 5pm-6pm **Mark Platt**
March 6-April 24 *Selvidge Mid. School*
No class 3/20, 4/10

M01 Sa 4pm-5pm **Mark Platt**
Jan. 26-March 2 *Forest Lake Tennis Club*

M06 Sa 4pm-5pm **Mark Platt**
March 9-April 20 *Forest Lake Tennis Club*
No class 3/30

M04 Su 5pm-6pm **Mark Platt**
Jan. 27-March 3 *Frontenac Racquet Club*

M08 Su 5pm-6pm **Mark Platt**
March 10-April 21 *Frontenac Racquet Club*
No class 3/30

Ages 11-15

700 Tu 4pm-5pm **Mark Platt**
March 5-April 16 *Rockwood Valley Mid. Sch.*
No class 3/19

702 W 4pm-5pm **Mark Platt**
March 6-April 24 *Selvidge Mid. School*
No class 3/20, 4/10

M02 Sa 5pm-6pm **Mark Platt**
Jan. 26-March 2 *Forest Lake Tennis Club*

M09 Su 6pm-7pm **Mark Platt**
March 10-April 21 *Frontenac Racquet Club*
No class 3/31

National Tennis Rating Program (NTRP)

- 1.0 *This player is just starting to play tennis*
- 2.0 *May have had some lessons; needs on-court experience*
- 2.5 *Can sustain a short rally of slow pace; needs to develop form*
- 3.0 *Consistent on medium-paced shots; needs work on form and strategy*
- 3.5 *Consistent with directional control; needs to work on specialty shots*

Designations used as a tool to assist students when registering for tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Consistency of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Bring tennis shoes and racket. Tennis balls provided. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Youth Tennis and Golf Classes (continued)

Tennis for Youth: Pee Wee-Indoor

This is a series of group lessons specifically designed to introduce a young child, 4-6 years of age, to the game of tennis. The class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided. Prince rackets available for use in class.

KIDS:709 | \$85

M03 Su 5pm-6pm **Mark Platt**
Jan. 27-March 3 Frontenac Racquet Club

M05 Sa 4pm-5pm **Mark Platt**
March 9-April 20 Forest Lake Tennis Club

M07 Su 5pm-6pm **Mark Platt**
March 10-April 21 Frontenac Racquet Club

No Class 3/30

No class 3/31

Golf for Youth: Beginning

Beginning Golf for children. Ages 7-12. Class limit 6. Extra fee for balls. 4 sessions.

KIDS:710 | \$45

810 W 5pm-6pm
April 3-April 24 Big Bend Golf Center

811 Sa 11am-12pm
April 13-May 4 Big Bend Golf Center

Registration is Easy!!!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC

Meramec, Florissant Valley and Forest Park: M-F 8:30am-4pm

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number)
3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.

Registration Deadline

All non-credit courses are limited in enrollment. Advanced registration is required.

Automatic Bank Payment (ACH)

All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-IN

Registration form Please print in ink.

Male Female

Senior Citizen?

Yes No

Check Payment:

Please make checks payable to St. Louis Community College, and mail with form (address above).

Credit Card Payment:

Charge fees to: MasterCard VISA Discover American Express

Email Address: _____

UIN or SS#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

CARD NUMBER Expiration Date: _____

Signature: _____

Please register me for the following courses:

| Course Code | Section | Course Title | Day/Time | Fees |
|--------------|---------|--------------|----------|------|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| Total | | | | |