



May is

# PLAY TENNIS! MONTH

supporting 

WEDNESDAY  
**MAY 2**

## Wilson Demo Day & On-Court Drill & Play (all levels)

7:00pm - 8:30pm

Ages: 18+

Max: 20

Try out the newest Wilson racquets with fast moving drills and games led by the WSC pros. Whether you're looking for a new racquet or just want to see what's new in the tennis market, we'd love for you to join us. Wilson representative, Blake DeMond, will be on hand to explain the latest technology, answer your questions and recommend the best racquet for you.

*Demo Day Special: Purchase a Wilson racquet on 5/2/18 & receive a 15% discount PLUS a free set of strings. Additional discounts do not apply.*

SATURDAY  
**MAY 5**

## Celebrate National CardioTennis Day FREE CardioTennis (Level 3.5 & Higher)

8:00am - 9:00am

Ages: 18+

Max: 20

Get fit and have fun while you're hitting tennis balls! This ultimate, full-body, calorie-burning workout is a great addition to your fitness routine. Music, high energy, fast-paced tennis and off-court cardio activities get your heart pumping. In only 1 class, men can burn 500-1000 calories and women can burn 300-500 calories. Cardio Tennis is an excellent way to get into a more active lifestyle, meet new people, AND improve your tennis!

*To register, follow established CardioTennis registration procedures.*

SATURDAY  
**MAY 5**

## Celebrate National CardioTennis Day FREE CardioTennis (Level 3.0 & Lower)

9:00am - 10:00am

Ages: 18+

Max: 20

Get fit and have fun while you're hitting tennis balls! This ultimate, full-body, calorie-burning workout is a great addition to your fitness routine. Music, high energy, fast-paced tennis and off-court cardio activities get your heart pumping. In only 1 class, men can burn 500-1000 calories and women can burn 300-500 calories. Cardio Tennis is an excellent way to get into a more active lifestyle, meet new people, AND improve your tennis!

*To register, follow established CardioTennis registration procedures.*

SATURDAY  
**MAY 5**

## Celebrate National CardioTennis Day CardioTennis 10-Pack Half-Price Special

9:00am - 12:00pm

Don't forget to stop by the Member Services Desk on Saturday, May 5 to take advantage of this special deal!

- Tennis Member Rate: \$35
- Health Club Member Rate: \$60

*CardioTennis packages are non-transferrable. Limit (1) Half-Price 10-Pack per member.*

MONDAY  
**MAY 7**

## Ball Machine Drill Day

7:00pm - 8:00pm

Ages: 18+

Max: 12

WSC is excited to announce the arrival of two new, state-of-the-art Playmate iGenie Ball Machines with iPlaymate Bluetooth communication. Playmate has taken the guesswork and time-consuming ball machine setup out of your ball machine experience - you can now set the controls using the electronic display or with your iPhone or iPad! Choose from pre-programmed drills or create or own. Come to our Ball Machine Drill Day to learn more about how you can enhance your game with ball machine drills.

WEDNESDAY  
**MAY 9**

## Tennis Strength Training & Injury Prevention

12:00pm - 12:55pm

Ages: 18+

Max: 12\*

Join Fitness Instructor, Lisa Evans, on the Fitness Floor for this hands-on strength training class designed especially for tennis players:

- learn fundamentals of injury prevention
- prepare your body effectively in warm-up
- learn a sample strength routine
- improve footwork and balance
- increase mobility

*\*Class will meet at the Fitness Desk. This class is also available on May 16<sup>th</sup>; participants may not register for both dates.*

FRIDAY  
**MAY 11**

## CardioTennis for Juniors & Pizza Party

6:00pm - 7:30pm

Ages: 11-17

Max: 20

Calling all juniors! Join us for this fun hour of fast-paced, heart-pumping tennis set to music! At our CardioTennis Juniors class, you'll hit a lot of tennis balls while doing fast-paced, high-energy tennis and cardio activities. Improve your footwork, agility, fitness and tennis game. Afterward, we'll celebrate with pizza. Don't miss this party on and off the court!

- 6:00pm-7:00pm On-Court Play
- 7:00pm-7:30pm Pizza Party

TUESDAY  
**MAY 15**

## Ball Machine Drill Day

9:30am - 10:30am

Ages: 18+

Max: 12

WSC is excited to announce the arrival of two new, state-of-the-art Playmate iGenie Ball Machines with iPlaymate Bluetooth communication. Playmate has taken the guesswork and time-consuming ball machine setup out of your ball machine experience - you can now set the controls using the electronic display or with your iPhone or iPad! Choose from pre-programmed drills or create or own. Come to our Ball Machine Drill Day to learn more about how you can enhance your game with ball machine drills.

# Celebrate **Play Tennis! Month**

with free classes and special events! Grab a racquet and join us to discover the fun and health benefits of tennis. Events are FREE for all WSC members, however pre-registration is required. Sign up online or at the Member Services Desk. Spots are limited – we'd hate for you to miss out on the excitement so don't delay!



WEDNESDAY  
**MAY 16**

## Tennis Strength Training & Injury Prevention

11:00am -  
11:55am

Ages: 18+

Max: 12\*

Join Fitness Instructor, Lisa Evans, on the Fitness Floor for this hands-on strength training class designed especially for tennis players:

- learn fundamentals of injury prevention
- prepare your body effectively in warm-up
- learn a sample strength routine
- improve footwork and balance
- increase mobility

*\*This class is also available on May 9<sup>th</sup>; participants may not register for both dates.*

FRIDAY  
**MAY 18**

## 10 & Under World Tour Paris Event & Social

6:00pm -  
8:00pm

Ages: 10 &  
under

Max: 50

All 10 & under players and their families are invited to the WSC World Tour Paris. The Players will participate in on-court tennis activities and tournament play, and everyone will enjoy off court activities and refreshments that celebrate all things French!

SUNDAY  
**MAY 20**

## Mixed Doubles Tie-Breaker Tournament

11:30am -  
1:30pm

Ages: 18+

Max: 16

Grab your partner and sign up for this fun, mixed doubles tournament. Teams will compete in 10-point tie-breakers in a round robin format. Contact the tennis office if you need to be paired with a partner.

MONDAY  
**MAY 21**

## Tennis Yoga in The Studio

10:45am -  
11:45am

Ages: 18+

Max: 25

Tennis is demanding on the body - lunging, twisting, swinging and mental focus are all part of the game! Yoga can help increase mobility, improve muscular balance, and enhance mental clarity to help you play your best. Join us to learn some foundational poses to help open the shoulders, hips, hamstrings and breathing techniques to clear the mind and find balance.

WEDNESDAY  
**MAY 23**

## Head Demo Day

9:00am -  
12:00pm

1:00pm -  
3:00pm

Head is introducing exciting new technology and racquets in 2018! Head Representative Mark Kaneko will be at WSC with the latest equipment for you to try during your scheduled court time. Look for Mark's table outside the Tennis Welcome Center.

*Demo Day Special: Purchase a Head racquet on 5/23/18 & receive a 15% discount PLUS a free set of strings. Additional discounts do not apply.*

WEDNESDAY  
**MAY 23**

## Tennis Court Frenzy (Level 3.0 & higher)

9:30am -  
11:00am

Ages: 18+

Max: 32

Grab your racquet and join us on court for a variety of fun, team-based competitive tennis games. Players will be divided into groups by level.

THURSDAY  
**MAY 24**

## Tennis Yoga in The Studio

10:45am -  
11:45am

Ages: 18+

Max: 25

Tennis is demanding on the body - lunging, twisting, swinging and mental focus are all part of the game! Yoga can help increase mobility, improve muscular balance, and enhance mental clarity to help you play your best. Join us to learn some foundational poses to help open the shoulders, hips, hamstrings and breathing techniques to clear the mind and find balance.

WEDNESDAY  
**MAY 30**

## Babolat Demo Day & On-Court Drill & Play (all levels)

7:00pm -  
8:30pm

Ages: 18+

Max: 20

Here's the perfect opportunity for you to try out the latest Babolat racquets while having fun on court! Babolat Representative Steven Buccellato will be here to answer your questions and our WSC pros will keep you active on court with drills and games.

*Demo Day Special: Purchase a Babolat racquet on 5/30/18 and receive a 15% discount. Additional discounts do not apply.*



## PLAY TENNIS MONTH DAILY DRAWING

There's no better way to celebrate than with free gifts! Each day during the month of May, we'll draw the name of one WSC Tennis Member who will receive a tennis related gift (overgrips, a can of tennis balls, etc.). Each Friday, a special prize will be awarded!

