

Court Sports Racquetball, Squash & Wallyball



FACILITIES AND GENERAL INFORMATION

- 1 Permanent Squash Court
- 3 Multi-Use Squash-Racquetball Courts
- 2 Courts may be used for Badminton and Wallyball

Court Usage:

Players must be either registered in a program **OR** Players must check-in and pay at the fitness center desk before stepping onto courts for solo practice or match.

Player Gear:

Players should wear clean shoes with soles that will not leave marks on the floor. Protective eye wear is recommended for all players and required for all junior players registered in a program.

Payment and Reservations:

- Reservations can be made by calling **847-615-3187**. Please give your full name, phone number and membership type to the desk staff to hold a court hour.
- Members and Lake Forest residents may not book more than one court per hour but may book more than one consecutive hour.
- Reservations are booked and made on the hour (example; 1:00, 2:00, 3:00)
- Players may be required to provide valid identification with current address at check-in.

Membership Benefits:

- Challenge court participation allowed for members only:
Squash--Saturdays from 7:00 am to 10:00 am
Racquetball—Tuesdays from 8:00 am to 11:00 am
Wallyball—Fridays from noon to 1:00 pm
- Reduced program and private lesson fees
- May participate in leagues and local team competitions
- Photo ID card issued which allows use of south building locker rooms and towel service (must be minimum 14 years old)
- Youth under age 14 are included with valid adult membership

Membership Options and Fees:

- Fitness Center Member:
See fitness center staff for membership types. Racquet court hourly rental fees apply and must be paid for by fitness center members.
- Racquet Member:
Once 12-month membership fee is paid, hourly court fees apply.
\$75 annually for Lake Forest Residents
\$90 annually for Non-Residents
- \$5 Guest Fee in addition to court fees for non-members

Notification:

Program fees are listed on-line and in published Recreation Center brochures. Participants must register 48 hours in advance of course start date.

Leagues:

League players must hold a current racquet or fitness center membership. Once league schedule is published, there are no refunds or credits for court usage time. A minimum of six players must be registered prior to schedule publication for a league to begin.

Court Cancellations:

Please call and cancel your court time two hours before the reserved time.

Course Registrations:

Please register 48 hours in advance of course start date to avoid class cancellation.

HOURLY COURT FEES AND TIMES:

<u>Monday - Thursday</u>	<u>Non-Prime Time</u>
6:00 AM - 4:00 PM	\$5 Fitness Center Member
	\$9 Racquet Club Member
<u>Friday</u>	\$12 Resident
All Day	\$14 Non Resident

<u>Monday - Thursday</u>	<u>Prime Time</u>
4:00 PM - 9:00 PM	\$10 Fitness Center Member
<u>Friday</u>	\$12 Racquet Club Member
4:00 PM - 8:00 PM	\$17 Resident
	\$20 Non Resident

Saturday
6:00 AM - 5:00 PM

Sunday
8:00 AM - 5:00 PM

Non Member/Non-Resident Usage

Non-Members and Non-Residents may play Wallyball, Racquetball or Squash, with certain restrictions.

- 1-Day Advance Reservations
- Extra Fees for Non Member and Non-Resident are Required

EXPLANATION OF FEE ABBREVIATIONS

FCM: Fitness Center Member
RCM: Racquet Club Member
RNM: Resident Non Member
NRNM: Non-Resident Non Member

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JUNIOR SQUASH

Junior Sunday afternoon group lessons are designed to teach the fundamental skills of squash using level markers to indicate progress. Junior players will be placed into classes depending on age and ability. Skill level mastery leads to competitive play and national ranking.

Skill Level Descriptions:

Beginning (Levels 1-3):

Level One: Understands proper grip and swing; can hit a straight drive behind the short line.

Level Two: Knows game rules. Serves into back court. Can sustain a crosscourt rally with another player.

Level Three: Understands lets and strokes. Drives landing to the back corner; Serves to the deep, back corner as lobs or hard serves; learning to shape properly to the ball.

Continuing (Levels 4-6):

Level Four: Holds racquet properly at all times; learning to volley; understands the types of boasts and cross court to the back corner.

Level Five: Moves to "T" after each shot; understands court movement; knows how to clear out of the front corner.

Level 6: Uses lob, drop and volley with control when needed. Drives land behind the service box within 6" from the wall.

Competitive (Level7-9):

Level Seven: Serves consistently to corner; drives are becoming tight and deep. volleys often and effectively on serve return.

Level Eight: Can use drops and lobs to change pace of game. Drops are tight and lobs are high and into the corner.

Level Nine: Can drill drop/drive; boast/drive; hits consistent solo drives both sides to deep corner for one minute with solid ball control; has passed the Club Level Referee's Exam.

Elite Level:

Elite Team: Junior players shows mastery of all nine levels and is seeking a national ranking. Junior player is also willing to compete in four ranking tournaments annually.

Loc: Lake Forest Recreation Center,
Age: 5Y and up
Fee: FCM: \$140
RNM: \$168
NRNM: \$202
Instr: K. Tunney

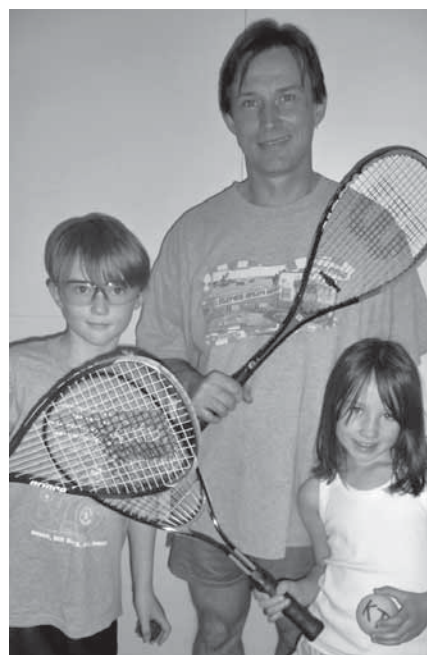
Code	Day	Time	Date	Level
22961	Sun	12:00pm- 1:00 pm	Sep 20-Dec20	Beginning (Levels 1-3)
22962	Sun	1:00pm- 2:00 pm	Sep 20-Dec20	Continuing (Levels 4-6)
22963	Sun	2:00pm- 3:00 pm	Sep 20-Dec20	Competitive (Level7-9)
22964	Sun	3:00pm- 4:00 pm	Sep 20-Dec20	Elite

TOT BALL COURT SPORTS

Using mini-racquets and oversized nerf balls, children learn the basics of squash, racquetball, wallyball and mini tennis. We break down and teach the fundamental skills needed to play the game. Emphasis is on developing hand-eye coordination and basic court movements while having fun!

Loc: Lake Forest Recreation Center
Age: 4Y - 6Y
Fee: FCM/RCM: \$140
RNM: \$168
NRNM: \$202
Instr: K. Tunney

Code	Day	Time	Date
22885	Mon	10:15am-11:00 am	Sep 14-Dec16
22886	Mon	1:15pm- 2:00 pm	Sep 14-Dec16
22888	Tue	10:15am-11:00 am	Sep 15-Dec17
22889	Tue	1:15pm- 2:00 pm	Sep 15-Dec17



YOUTH RACQUETBALL BEGINNER LESSONS

This is a fun way to learn the basics of racquetball; serve, strokes and basic rules. Wear court shoes and bring a positive attitude. We will provide the instruction and equipment.

Loc: Lake Forest Recreation Center
Age: 9Y - 14Y
Fee: FCM: \$140
RNM: \$168
NRNM: \$202
Instr: S. Molani

Code	Day	Time	Date
23012	Sat	2:00pm- 3:00pm	Sep 12-Dec12

EXPLANATION OF FEE ABBREVIATIONS

FCM/RCM: Fitness Center Member or Racquet Club Member
RNM: Resident Non Member
NRNM: Non-Resident Non Member

LADIES DAYTIME SQUASH

This class offers great competition and instruction for daytime players of all levels. Get your girlfriends together for some competition, conversation and a great workout!

Loc: Lake Forest Recreation Center, Court #2 - Squash
Age: 18Y and up
Fee: FCM: \$70
 RNM: \$84
 NRNM: \$100
Instr: K. Tunney

Code	Day	Time	Date
22893	Mon	10:00am-11:00 am	Sep 14-Dec14

PRIVATE COURT SPORT LESSONS

Private lessons may be scheduled throughout the week for 60 minutes. Why not try an individualized lesson plan suited to your ability? Our instructors will construct a skill building plan based on your needs. Call Kim Tunney at 847-604-7080 to schedule.

Dates: By appointment
Days: As scheduled
Times: Sixty minutes
Fees: FCM/RCM: \$36
 RNM: \$40
 NRNM: \$48

IMPORTANT

If your family is a member of the Lake Forest Fitness Center, a discount will be applied to your child's Racquet Sports Program Fees up to age 14. Discounts will apply when you register **in person** at our facility.



PARENT / CHILD SATURDAY COURT SPORTS

Moms (or Dads), join your child on court and assist child with drills that teach the basics of squash, racquetball, wallyball and mini tennis hand-eye coordination and movement skills. This class is a wonderful way for you to share time with your child and introduce them to the lifetime sport of court sports.

Loc: Lake Forest Recreation Center, Court #1 - Squash
Age: 4Y - 8Y
Fee: FCM: \$140
 RNM: \$168
 NRNM: \$202
Instr: K. Tunney

Code	Day	Time	Date
22890	Sat	11:00am-12:00 pm	Sep 12-Dec12

DRILL FOR SKILL ON SATURDAY

New this fall! Drill session tailored for players of all abilities. Over 100 drills total may be used based on players needs per session. Get ready to improve your game.

Loc: Lake Forest Recreation Center
Age: 4Y - 10Y
Fee: FCM: \$140
 RNM: \$168
 NRNM: \$202

Code	Day	Time	Date
22902	Sat	4:00pm- 5:00 pm	Sep 12-Dec12

SPOOKY COURT SPORT HALLOWEEN PARTY

Wear your Halloween costume to our super spooky Halloween Party and trick your instructor into a special treat. Prizes awarded for costumes and spookiest players.

Loc: Lake Forest Recreation Center, Court #1 - Squash
Age: 3Y - 6Y
Fee: FCM: \$10
 RNM: \$12
 NRNM: \$14
Instr: K. Tunney

Code	Day	Time	Date
22891	Sat	10:15am-11:00 am	Oct 31

MIDDLE SCHOOL/GRADE SCHOOL SQUASH TEAM

A special after school practice for ages 7 years to 12 years old. Join your friends in two weekly lessons and match play. Coaching, drilling and fun games included!

Loc: Lake Forest Recreation Center, Court #1 - Squash
Age: 7Y - 12Y
Fee: FCM: \$280
 RNM: \$308
 NRNM: \$339
Instr: K. Tunney

Code	Day	Time	Date
22978	Tue,Thu	5:00pm- 7:00 pm	Sep 15-Dec17

SUNDAY MORNING SQUASH TEAM PRACTICE

Court time is reserved from 8-10 am Sundays for team players each week. Drills and match play training for participation in the US Team Nationals Event. Local team competition is included in fee as well.

Loc: Lake Forest Recreation Center, Court #2 - Squash
Age: 18Y and up
Fee: FCM: \$50
 RNM: \$60
 NRNM: \$72
Instr: K. Tunney

Code	Day	Time	Date
22933	Sun	8:00am-10:00 am	Sep 06-Dec13



EARLY BIRD RACQUETBALL LEAGUES FEE:

Sign up by Sept 9 Session I
 Oct. 28 Session II

ADULT RACQUETBALL LEAGUES

Box league schedule for players looking for a weekly pre-scheduled match. Games must be played on the date/time schedule or within 7 days of that week's match. Earn one point for each game won, best two of three games. Exact times will be published before league begins. Must be current racquet or fitness member to participate. If you register more than one week in advance, you will be charged the early bird registration fee.

Loc: Lake Forest Recreation Center, Court #4 - Racquetball
Age: 14Y and up
Early Bird Fee: FCM/RCM: \$50
 Regular Fee: FCM/RCM: \$60

Code	Day	Time	Date
23024	Wed	6:00pm- 8:00 pm	Sep 16-Oct28
23025	Wed	6:00pm- 8:00 pm	Nov 04-Dec16

ADULT GROUP SQUASH LESSONS

Great for busy adults who want to learn the game. During the first half hour, we will concentrate on one squash shot through instruction and demonstration. The second half hour will be dedicated to drills that perfect the shot. We will also discuss and learn better court tactics and strategy.

Loc: Lake Forest Recreation Center, Court #2 - Squash
Age: 18Y and up
Fee: FCM: \$140
 RNM: \$168
 NRNM: \$202
Instr: K. Tunney

Code	Day	Time	Date
22898	Mon	7:00pm- 8:00 pm	Sep 14-Dec14

HIGH SCHOOL SQUASH TEAM

Practice sessions include coaching, drilling and matches. We will travel to compete against other high schools at the National High School Championships at Yale and universities including Northwestern University and Purdue. Local matches are scheduled as well.

Loc: Lake Forest Recreation Center, Court #2 - Squash
Age: Gr 9 - 12
Days: Mon, Wed, Fri
Fee: FCM: \$420
 RNM: \$462
 NRNM: \$508
Instr: K. Tunney

Code	Time	Date
22973	5:00pm- 7:00 pm	Sep 14-Dec18



Court Sports Services:

Contact Kim Tunney at ktstunney@yahoo.com to schedule any of these services:

USSRA Referee Exam Study

Mandatory exam for juniors seeking a national ranking or adults who wish to be better players, this two part course will assist you in passing the United States Squash Racquets Association's Club Referee Exam. In the first hour, we will cover rules and watch a video with examples of lets and strokes. In the second hour we will take the open book exam. Cost for the two part class is \$60.

Racquet Stringing and Regripping

Lake Forest Court Sports offers certified racquet stringing and re-gripping with next day service. Cost varies based on stringing and grip types.

Player USSRA Rating Verification Service

Kim Tunney is a USSRA Verifier and will assess your game and rate you based on the USSRA's 6.0-2.0 rating scale. Certification is then sent to the USSRA to be entered into their rating system. You will need to be rated to compete in all national events. Cost is \$15.

Match Videotaping and Analysis

Looking for a way to improve your match performance? We are available to videotape your match and analyze winners and errors per game. The analysis will help determine which game components to work on. Cost is \$25 per hour.

Our Instructors:

Kim Tunney, Racquet Director, USSRA Certified Level Two Coach and D4 Referee. Kim attended the World Squash Federation Coaching Conferences in Calgary, Canada in 2007, where she participated in an international exchange of squash coaching education ideas. She also attended the 2003 Conference in Cairo, Egypt as well as the 2001 Conference at the Victorian Squash Institute in Melbourne.

Nathan Mathew, Junior Instructor, Squash and Racquetball. Nathan is a member of the Lake Forest High School Squash Team and has played competitive racquetball. He is available for both racquetball and squash lessons during school vacations.

Ian MacGregor, Junior Instructor, Squash. Ian is a member of the nation's number one collegiate team, Trinity College (Connecticut). Ian brings the latest in drilling and training techniques to our program. He is available for lessons during the summer months and during school vacations.

Our instructors are available for private or semi-private lessons. Register at the fitness desk or by calling Kim Tunney at 847-604-7080.

Squash Camps:

PRE-SEASON SQUASH MINI CAMP

Get ready for the fall season by participating in this preseason camp. We will work on fitness, stroke production, drills and compete in daily matches against adults and fellow team mates.

Loc: Lake Forest Recreation Center
Date: Aug 24-29
Fee: **FCM:** \$140
RNM: \$168
NRNM: \$202

Code	Level	Days	Time
23692	Elite	Mon-Fri	10:00-Noon
23693	Beginning	Mon-Fri	3:00-5:00 pm
23694	Adult	Mon-Fri	6:00-8:00 pm

SQUASH MINI CAMP - HOLIDAY

Don't lose your competitive edge over the holiday break. We will adjust your training based on results from Lake Forest Open. We will then re-tool through fitness sessions, drills and matches against squash club adults and returning junior players.

Loc: Lake Forest Recreation Center
Age: All Ages
Fee: **FCM:** \$140
RNM: \$168
NRNM: \$202
Instr: K. Tunney

Code	Day	Time	Date
23003	Mon-Fri	4:00pm- 6:00 pm	Dec 28-31

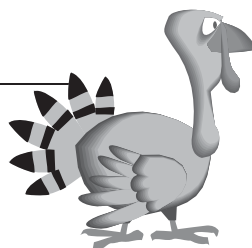
TUESDAY MORNING CHALLENGE COURT

Free to Fitness Center or Racquet Members! Meet other players or introduce a friend to the game. Winners stay on court to be challenged by the next player. Please register at the fitness center desk prior to playing

Days: Tuesdays
Time: 7:00 -10:00 am
Fee: **FCM:** FREE
RNM: \$10
NRNM: \$12

EXPLANATION OF FEE ABBREVIATIONS

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Squash Tournaments:

PRE SEASON WARM-UP

This preseason warm-up is a USSRA-sanctioned event for junior players and a selection event. Fee includes matches, tournament T-shirt, goodie bag and division prizes.

Dates: September 26-27
Days: Saturday-Sunday
Time: TBD by Draws
Fee: Adults (19+) \$50
 Juniors (12-19) \$75
 Juniors under 11 \$25
 Late Fee after 9/18 \$25
Code: 22986

13TH ANNUAL LAKE FOREST OPEN

A Thanksgiving tradition! Work off your turkey dinner by competing in our USSRA sanctioned tournament. Fee includes matches, tournament T-shirt, goodie bag and division prizes. Junior fee includes USSRA sanctioning fees and surcharges.

Dates: November 27-29
Days: Friday through Sunday
Time: TBD by Draws
Fee: Adults (19+) \$50
 Juniors (12-19) \$75
 Juniors under 11 \$25
 Late Fee after 11/21 \$25
Code: 22987

WALLY BALL 2 ON 2 TOURNAMENT

Grab a partner and register for this weekend tournament. Official tournament shirt included in registration. Three team matches guaranteed.

Loc: Lake Forest Recreation Center, Court #1 - Squash
Age: All Ages
Fee: **R:** \$20 **NR:** \$24

Code	Day	Time	Date
23011	Sat	12:00pm-12:00 pm	Oct 03-Oct04

FRIDAY WALLYBALL LEAGUE

This adult challenge meets Fridays at lunch hour. Join us for the fun by playing this modified version of volleyball on a racquetball court. So much fun you may not want to go back to work!

Loc: Lake Forest Recreation Center, Racquet Courts
Age: 17Y and up
Fee: **NR:** \$20.00 **NR:** \$24.00

Code	Day	Time	Date
23696	Fri	12:00pm- 1:00 pm	Sep 25-Nov20