

# Court Sports

## Racquetball, Squash & Wallyball

847-810-3932



### FACILITIES AND GENERAL INFORMATION

3 Multi-Use Squash-Racquetball Courts

#### 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 Fitness Center locker rooms and towel service (must be minimum 14 years old)
- Youth under age 14 are included with valid family 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

#### 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.

#### Course Registrations:

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

#### Notification:

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

#### Payment and Reservations:

- Reservations can be made by calling 847-810-3932. 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.

#### 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. Court usage is for racquetball, squash, badminton and wallyball play only.

#### Court Cancellations:

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

#### 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.

#### NON-PRIME TIME HOURS

Monday - Friday	6:00 AM - 4:00 PM
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#### PRIME TIME HOURS

Monday - Thursday	4:00 PM - 9:00 PM
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Friday	4:00 PM - 8:00 PM
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Saturday	6:00 AM - 5:00 PM
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Sunday	8:00 AM - 5:00 PM
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<b>NON-PRIME TIME FEES:</b>	\$5 Fitness Center Member
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	\$9 Racquet Club Member
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	\$12 Resident
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	\$14 Non Resident
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<b>PRIME TIME FEES:</b>	\$10 Fitness Center Member
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	\$12 Racquet Club Member
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	\$17 Resident
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	\$20 Non Resident
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<b>UNLIMITED COURT USE:</b>	\$250 Fitness Center Member
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	\$350 Racquet Club Member
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#### UNLIMITED COURT USE

Unlimited court membership gives players the ability to pay once annually (Jan. 1 - Dec. 31) and play for an unlimited amount of time once the court is booked through the fitness center desk. Must be a racquet or fitness member. Playing partner must be a member or pay \$5 guest fee. Please check in at the fitness center desk before playing.

#### Non Member/Non-Resident Usage

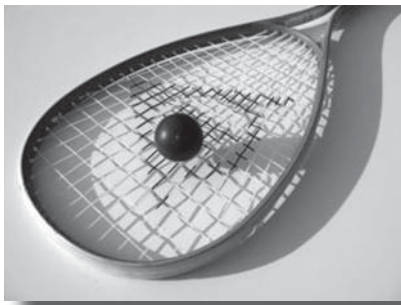
Non-Members and Non-Residents may play Wallyball, Racquetball or Squash, with certain restrictions.

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

# Squash Programs

## JUNIOR SQUASH LESSONS

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. Parent viewing days will be scheduled.



### 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 (Level 7-9):

- 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 player 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, Court #2  
**Age:** 5Y and up  
**Instr:** K. Tunney

### Winter Session

**Date:** Jan 08-Mar 18  
**Fee:** FCM: \$80 RNM: \$96 NRNM: \$115

Code	Day	Time	Date	Level
28757	Sun	12:00pm- 1:00pm	5Y and up	Beginning Level 1 - 3
28758	Sun	1:00pm- 2:00pm	6Y and up	Intermediate Level 4 - 6
28759	Sun	2:00pm- 3:00pm	6Y and up	Advanced Level 7 - 9
28760	Sun	3:00pm- 4:00pm	6Y and up	Elite Team

### Spring Session

**Date:** Apr 08-May 20  
**Fee:** FCM: \$60 RNM: \$72 NRNM: \$60

Code	Day	Time	Date	Level
28761	Sun	12:00pm- 1:00pm	5Y and up	Beginning Level 1 - 3
28762	Sun	1:00pm- 2:00pm	6Y and up	Intermediate Level 4 - 6
28763	Sun	2:00pm- 3:00pm	6Y and up	Advanced Level 7 - 9
28764	Sun	3:00pm- 4:00pm	6Y and up	Elite Team

## Squash Tournaments:

### 2012 ILLINOIS STATE OPEN SQUASH CHAMPIONSHIP

**Loc:** Lake Forest Recreation Center, Court #2  
**Date:** Mar 3  
**Time:** 8:00am-5:00pm  
**Age:** All Ages  
**Instr:** K. Tunney  
**Note:** Match times will be determined by draws.  
**Fee:** Adults (19+) \$50  
 Juniors (12-19) \$75  
 Juniors under 11 \$25  
 Never-Ever Rate \$20  
**Code:** 28834



## HIGH SCHOOL SQUASH TEAM

Be part of an exciting and popular team sport! After school practice sessions include coaching, drilling, agility training, fitness and matches. We will compete against other high schools (Lake Forest Academy), in the National High School Championships at Yale and at universities including Northwestern in Evanston. Local matches are scheduled as well. Parent viewing day is Friday.

**Loc:** Lake Forest Recreation Center, Court #2  
**Age:** 13Y-19Y  
**Fee:** FCM: \$495  
 RNM: \$594  
 NRNM: \$676  
**Instr:** K. Tunney  
**Note:** No Practice March 24-31 (Spring break)  

Code	Day	Time	Date
28773	M,W,F	5:00pm- 7:00pm	Jan 04-May 21

## HOLIDAY MINI CAMP

SPRING BREAK!

Don't lose your competitive edge over the holiday break. We will adjust your training based on results from 2012 State Junior Championships. We will re-tool through fitness sessions, drills and matches against squash club adults and returning junior players.

**Loc:** Lake Forest Recreation Center, Court #2  
**Age:** All Ages  
**Fee:** FCM: \$120 RNM: \$144 NRNM: \$173  
**Instr:** K. Tunney  

Code	Day	Time	Date
28886	M, T, W, Th, F	4:00pm 6:00pm	Mar 26-Mar 30



## MIDDLE SCHOOL/GRADE SCHOOL SQUASH TEAM

Join our fun after school practice session for ages 7 years to 12 years old. Join friends in twice weekly lessons and match play. Coaching, drilling and fun games included!

**Loc:** Lake Forest Recreation Center, Court #2

**Age:** 7Y-12Y

**Instr:** K. Tunney

Code	Day	Time	Date	Fee
28765	Tue	4:00pm- 6:00pm	Jan 03-Mar 22	FCM: \$360 RNM: \$432 NRNM: \$518
28766	Tue	4:00pm- 6:00pm	Apr 03-Jun 07	FCM: \$300 RNM: \$360 NRNM: \$432

## ADULT SQUASH

Great way to learn the game. During the first half hour, we will concentrate on one squash shot through instruction and demonstration. 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

**Age:** 16Y and up

**Instr:** K. Tunney

Code	Day	Time	Date	Fee
28755	Mon	7:00pm- 8:00pm	Jan 02-Mar 19	FCM: \$90 RNM: \$108 NRNM: \$130
28756	Mon	7:00pm- 8:00pm	Apr 02-May 21	FCM: \$60 RNM: \$72 NRNM: \$86

## 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.

## EXPLANATION OF FEE ABBREVIATIONS

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

## Court Sports Services

Contact Kim Tunney at [kstunney@yahoo.com](mailto:kstunney@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.

## Racquetball

### PRIVATE RACQUETBALL LESSONS

Want To Improve Your Racquetball Game? Offering specialized training and rapid development in a personal setting. Choose from either a single one-hour session, Semi Private or Group Lesson. Prices reflect per session.

Private session

<b>FCM/RCM</b>	\$45 per person per hour
<b>RNM</b>	\$57 per person per hour
<b>NRNM</b>	\$68 per person per hour

Semi Private, 2 or more players

<b>FCM/RCM</b>	\$25 per person per hour
<b>RNM</b>	\$31 per person per hour
<b>NRNM</b>	\$36 Per Person per hour

Group Lesson, 3 or more players

<b>FCM/RCM</b>	\$17 per person per hour
<b>RNM</b>	\$21 per person per hour
<b>NRNM</b>	\$24 Per Person per hour

Please contact the Fitness Center to set up an appointment (847) 615-3187.

Racquetball Coaches:

Howie Robins, Bill Bertagnoli, Kim Tunney

### RACQUETBALL LEAGUES

Players of all abilities can compete once a week in racquetball league, stressing fun, participation and exercise. Weekly scheduled matches are provided to participants at start of league. Scheduled days and times may be rescheduled to fit individual player needs, just call your opponent in advance to reschedule your league match. If you want to play, but are not sure of your skill level, call our Fitness Center office at 847-810-3932.

## 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. Kim is past president of the Illinois Squash Racquets Association and past Board of Director Secretary for the USSRA. She is sponsored by Prince Racquets and a member of their Elite Player Team.

**Howie Robins**, Racquetball Instructor, an enthusiastic and skilled (A) level player and instructor. Howie has been playing Racquetball for several years, leading private lessons, clinics, tournaments, competitive players and leagues. He also is part of Ektelon/Prince elite staff, AmPRO Certified Racquetball instructor, in addition to being a part of, the Illinois State Racquetball Association.

Our instructors are available for private or semi-private lessons. Register at the fitness desk.

## New & Expanded Program for 2012!



### COLLEGE PARK ATHLETIC CLUB

#### LOCATION:

Our address is 2223 Half Day Rd, Deerfield, IL 60015. We are located on Lake Side Drive just south and east of the Half Day Rd exit on Hwy 94.

# Tennis



College Park Athletic Club (CPAC) is one of the premier indoor tennis facilities in the country, servicing over 1,500 junior and adult tennis players with a staff of over 30 tennis professionals. CPAC is a state of the art 9 court indoor facility, with recently installed DecoTurf court surface, Sports Interior lighting system, and air conditioned courts. CPAC also offers a completely renovated locker room, café, lobby and child care area.

As many of you know CPAC has been servicing the Lake Forest community for over 30 years, developing high level programs for players of all abilities and ages. This will be their third year as the service provider for Lake Forest Parks and Recreation Department (LFPRD), and they are excited to deepen their relationship with Lake Forest residents by bringing a tremendous amount of experience and enthusiasm to the LFPRD tennis program. If you would like to receive more information about CPAC, their experience or philosophy please feel free to contact Jeff VanDixhorn directly at jeff@cpacweb.com or (847)948-5330.

### QUICK START

Quick Start Tennis is an exciting new play format for learning tennis, designed to bring young kids into the game by utilizing smaller racquets, softer balls, shorter court dimensions and modified scoring, all tailored to age and size. Emphasis is placed on eye/hand coordination and motor skill development applicable to the game, along with introduction to proper technique in a fun and energetic setting. For more information, please contact Sally Miller at College Park Athletic Club (847-948-5330 or sallym@cpacweb.com). Enrollment in Intermediate and Advanced classes are subject to Director's approval.

**Loc:** College Park Athletic Club, Tennis Courts

**Age:** 4Y - 9Y

**Instr:** College Park Athletic Club Staff

**Note:** Please bring your own racquet.

#### Session I

**Note:** 1 Make-up will be allowed per session. No Classes Spring Break March 24 - 30.

Code	Day	Time	Date	Age	Level	Fee		
28887	Mon	4:00pm-5:00pm	Jan 16-Mar 19	4Y-9Y	Beginner	R: \$240	NR: \$285	
28888	Mon	5:00pm-6:00pm	Jan 16-Mar 19	4Y-9Y	Intermediate	R: \$240	NR: \$285	
28889	Tue	10:30am-11:30am	Jan 17-Mar 20	4Y-9Y	Beginner	R: \$240	NR: \$285	
28890	Wed	4:00pm-5:00pm	Jan 18-Mar 21	4Y-9Y	Beginner	R: \$240	NR: \$285	
28891	Wed	5:00pm-6:00pm	Jan 18-Mar 21	4Y-9Y	Advanced	R: \$290	NR: \$334	
28892	Thu	10:30am-11:30am	Jan 19-Mar 22	4Y-9Y	Beginner	R: \$240	NR: \$285	
28893	Sat	5:00pm-6:00pm	Jan 21-Mar 31	4Y-9Y	Beginner	R: \$240	NR: \$285	
28894	Sun	3:30pm-4:30pm	Jan 22-Apr 1	4Y-9Y	Beginner	R: \$240	NR: \$285	
28905	Sun	4:30pm-5:30pm	Jan 22-Apr 1	4Y-9Y	Intermediate	R: \$240	NR: \$285	

#### Session II

**Note:** No Class May 28. 1 Make-up will be allowed per session.

Code	Day	Time	Date	Age	Level	Fee		
28895	Mon	4:00pm-5:00pm	Apr 2-May 21	4Y-9Y	Beginner	R: \$192	NR: \$227	
28896	Mon	5:00pm-6:00pm	Apr 2-May 21	4Y-9Y	Intermediate	R: \$192	NR: \$227	
28904	Tue	10:30am-11:30am	Apr 3-May 29	4Y-9Y	Beginner	R: \$216	NR: \$256	
28897	Wed	4:00pm-5:00pm	Apr 4-May 30	4Y-9Y	Beginner	R: \$216	NR: \$256	
28898	Wed	5:00pm-6:00pm	Apr 4-May 30	4Y-9Y	Advanced	R: \$261	NR: \$300	
28902	Thu	10:30am-11:30am	Apr 5-May 31	4Y-9Y	Beginner	R: \$216	NR: \$256	
28899	Sat	5:00pm-6:00pm	Apr 7-Jun 2	4Y-9Y	Beginner	R: \$216	NR: \$256	
28900	Sun	3:30pm-4:30pm	Apr 8-Jun 3	4Y-7Y	Beginner	R: \$216	NR: \$256	
28901	Sun	4:30pm-5:30pm	Apr 8-Jun 3	4Y-9Y	Intermediate	R: \$216	NR: \$256	

### JUNIOR DEVELOPMENT PROGRAM

The Junior Development Program is designed for the beginner to intermediate player, with emphasis on stroke development and introduction to point play. Players will be grouped according to skill level. For more information, please contact Sally Miller at College Park Athletic Club (847-948-5330 or sallym@cpacweb.com).

**Loc:** College Park Athletic Club, Tennis Courts

**Age:** 9Y+

**Level:** Beginner/Advanced Beginner

#### Session I

**Note:** No Class March 24 - 30 Spring Break.  
1 Make-up will be allowed per session.

Code	Day	Time	Date	Fee	
28911	Tue	3:00pm-4:00pm	Jan 17-Mar 20	R: \$290	NR: \$256
28906	Fri	5:00pm-6:00pm	Jan 20-Mar 23	R: \$290	NR: \$256
28909	Sat	5:00pm-6:00pm	Jan 21-Mar 31	R: \$290	NR: \$346
28910	Sun	4:30pm-5:30pm	Jan 22-Apr 1	R: \$290	NR: \$346

#### Session II

**Note:** No Class May 28.  
1 Make-up will be allowed per session.

Code	Day	Time	Date	Fee	
28907	Tue	3:00pm-4:00pm	Apr 3-May 29	R: \$261	NR: \$311
28908	Fri	5:00pm-6:00pm	Apr 6-Jun 1	R: \$261	NR: \$311
28912	Sat	5:00pm-6:00pm	Apr 7-Jun 2	R: \$261	NR: \$311
28913	Sun	4:30pm-5:30pm	Apr 8-Jun 3	R: \$261	NR: \$311

## ADULT TENNIS DRILLS

Our adult tennis drills and point play are geared for everyone from novice to experienced player. It is our desire to provide a fun, relaxed and comfortable atmosphere that is both challenging and educational for players of all levels. For more information, please contact Ryan Fleming at College Park Athletic Club (847-948-5330 or ryanf@cpacweb.com).

**Loc:** College Park Athletic Club, Tennis Courts

**Age:** 18Y and up

**Instr:** College Park Athletic Club Staff

### EARLY BIRD DRILL

This lesson is an intense, fast-paced adult drill designed to start your day off right. Also level 3.0-4.0. Make ups are available.

**Loc:** College Park Athletic Club, Tennis Courts

**Age:** 18Y and up

**Fee:** R: \$261

NR: \$305

**Note:** No classes March 24 - 30.

Code	Day	Time	Date
28931	Tue	6:30am-8:00am	Jan 17-Mar 13
28932	Sat	6:30am-8:00am	Jan 21-Mar 17
28933	Tue	6:30am-8:00am	Mar 20-May 22
28934	Sat	6:30am-8:00am	Mar 31-May 26

## WOMEN'S TENNIS DRILLS

### SESSION 1

**Note:** Make ups are available.

Code	Day	Time	Date	Level	Fee
28928	Mon	10:30am-12:00pm	Jan 16-Mar 12	1.0 - 2.4	R: \$378 NR: \$432
28914	Mon	10:30am-12:00pm	Jan 16-Mar 12	2.5 - 3.4	R: \$378 NR: \$432
28929	Tue	10:30am-11:30am	Jan 17-Mar 13	2.5 - 3.4 (Cardio Drill)	R: \$207 NR: \$234
28915	Tue	9:00am-10:00am	Jan 17-Mar 13	2.5 - 3.4 (Cardio Drill)	R: \$207 NR: \$243
28916	Thu	1:00pm-2:30pm	Jan 19-Mar 15	1.0 - 2.4	R: \$378 NR: \$432
28917	Thu	1:00pm-2:30pm	Jan 19-Mar 15	2.5 - 3.4	R: \$378 NR: \$432
28918	Fri	9:00am-10:30am	Jan 20-Mar 16	1.0 - 2.4	R: \$378 NR: \$432
28919	Fri	9:00am-10:30am	Jan 20-Mar 16	2.5 - 3.4	R: \$378 NR: \$432

### SESSION 2

**Note:** No classes March 24 - 30 Spring Break. Make ups are available.

Code	Day	Time	Date	Level	Fee
28920	Mon	10:30am-12:00pm	Mar 19-May 21	1.0 - 2.4	R: \$378 NR: \$432
28921	Mon	10:30am-12:00pm	Mar 19-May 21	2.5 - 3.4	R: \$378 NR: \$432
28922	Tue	9:00am-10:00am	Mar 20-May 22	2.5 - 3.4 (Cardio Drill)	R: \$207 NR: \$243
28923	Tue	10:30am-11:30am	Mar 20-May 22	2.5 - 3.4 (Cardio Drill)	R: \$207 NR: \$243
28924	Thu	1:00pm-2:30pm	Mar 22-May 24	1.0 - 3.4	R: \$378 NR: \$432
28925	Thu	1:00pm-2:30pm	Mar 22-May 24	2.5 - 3.4	R: \$378 NR: \$432
28926	Fri	9:00am-10:30am	Mar 23-May 25	1.0 - 2.4	R: \$378 NR: \$432
28927	Fri	9:00am-10:30am	Mar 23-May 25	2.5 - 3.4	R: \$378 NR: \$432

## MEN'S TENNIS DRILLS

### SESSION 1

Code	Day	Time	Date	Level	Fee
28935	Mon	8:00pm-9:30pm	Jan 16-Mar 12	3.0 - 4.0	R: \$378 NR: \$432
28936	Tue	12:00pm-1:00pm	Jan 17-Mar 13	3.0 - 4.0 (Cardio Drill)	R: \$207 NR: \$243

### SESSION 2

**Note:** No classes March 24 - 30 Spring Break

Code	Day	Time	Date	Level	Fee
28937	Mon	8:00pm-9:30pm	Mar 19-May 21	3.0-4.0	R: \$378 NR: \$432
28938	Tue	12:00pm-1:00pm	Mar 20-May 22	3.0-4.0 (Cardio Drill)	R: \$207 NR: \$243

