

# SPORTS AND FITNESS

## Tennis

### TENNIS FORTOTS AND YOUNG STARS TENNIS

Both programs will introduce students to tennis through the QuickStart format. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately – even if they have never picked up a racquet before. Classes will meet for 6 sessions. Instructors: Court One North

#### Tennis for Tots (Ages 3-4)

Activity #113171A	\$26/Res; \$35/Non-Res
10/6-11/10 Tue 4:30-5 pm	Court One North
Activity #113171B	\$26/Res; \$35/Non-Res
10/3-11/7 Sat 11-11:30 am	Court One North

#### Young Stars Tennis (Ages 5-7)

Activity #113172A	\$26/Res; \$35/Non-Res
10/6-11/10 Tue 5-5:30 pm	Court One North
Activity #113172B	\$26/Res; \$35/Non-Res
10/3-11/7 Sat 11:30-12 pm	Court One North

### LOCAL EXCELLENCE TRAINING (High School)

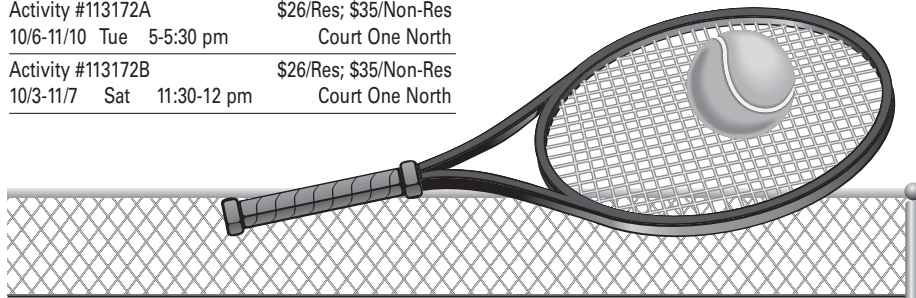
This tennis program is designed for local high school students looking to better their game through match play, match strategy, drill sessions, and conditioning. Students should have had previous experience in high school tennis or competitive play. Placement in this level will be determined on the first day of class by the instructor. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One Professionals. Classes will meet for 8 sessions. No class 11/14 or 11/28.

Activity #113173A	\$45/Res; \$65/Non-Res
10/3-12/5 Sat 12-2 pm	Court One North

### NATIONAL JUNIOR TENNIS LEAGUE (Ages 8-18)

The U.S. Tennis Association/National Junior Tennis League of Lansing (NJTL) is a tennis development program open to youth, ages 8-18. Practices/matches will focus on development and competition of the beginner and intermediate player starting with the new Quick Start Tennis approach. The QuickStart format utilizes modified tennis balls, smaller tennis racquets and a smaller tennis court to make it easier for students to start playing tennis almost immediately – even if they have never picked up a racquet before. The program is in cooperation with Court One Athletic Clubs and the Todd Martin Development Fund. Instructors: Court One. Classes will meet for 8 sessions. No class Friday 11/13, 11/27 or Saturday 11/14, 11/28

Activity #113174A (Ages 13-18)	\$35/Res; \$55/Non-Res
10/3-12/5 Sat 12-1 pm	Court One North
Activity #113174AA	\$35/Res; \$55/Non-Res
10/3-12/5 Sat 1-2 pm	Court One North
Activity #113174B (Ages 8-12)	\$35/Res; \$55/Non-Res
10/2-12/4 Fri 6-7 pm	Court One North
Activity #113174BB (Ages 8-12)	\$35/Res; \$55/Non-Res
10/2-12/4 Fri 7-8 pm	Court One North



## Golf Courses

The City of Lansing owns and one golf course and a full services driving range. Reservations are accepted daily at Groesbeck Golf Course For information listed below please call 483-4232.

### Groesbeck Golf Course

1600 Ormond • 483-4333  
Riding carts, rentals, snack bar leagues, outings.

### Sycamore Golf Learning Center

1526 E. Mt. Hope • 482-1890

Sycamore Golf Course has re-opened as a Golf Learning Center and FirstTee of Michigan Golf Academy. This is a great facility for the residents of Lansing to practice their golf skills, be introduced to the game of golf at the driving range or for area youth to learn valuable life skills (as well as golf) at the FirstTee of Michigan Golf Academy.

*We are offering a wide variety of golf lessons for the public in conjunction with the MSU Golf Center. Call 483-4232 for more details.*

