



# SUMMER CAMPS & CLASSES

June • July • August 2009

## Tennis • Swimming • Fitness



# TENNIS



## High Performance Tennis Camp

**Join us for our 33rd Season!!** For the tennis player who already has game. Must be a bronze level club player or above. Non members should be rated by the club before camp.

## Championship Match Play Jr. Tennis Camp

Designed to develop Jr. players into intelligent tournament competitors and give them a winning edge in match play. Campers will learn to identify important key points to win games and sets, and how to overcome big point pressure. Our Pro Staff will also teach how to maintain a winning attitude on the court and how to transfer that positive attitude into winning matches.

## Tournament Tennis Camp

Tournament Camp is sponsored by Wilson and taught by **Rad Kosanovic, USPTA** and **Jamie Richards**. This camp is designed for Bronze to Satellite Level players. Jr's compete in matches and work on stroke technique and strategies in singles and doubles. Campers compete in challenge matches against other area junior programs. Daily points are awarded for drill performance and match play results. Awards will be presented at the end of the season.

## Summer High School Coed Evening Drill

Trying to fit quality tennis instruction in to your summer schedule? This very popular doubles and singles drill is for high school players from all area school districts. This drill is taught by **Scott Radecki** and features emphasis on stroke technique, volleys and overheads, put away shots, proper footwork and match play strategy. Expert instruction indoors on our air-conditioned courts!

## Coed High Level Training With Scott Radecki

CDTA Ranking or Pro Approval required to join this drill. A challenging, intense weekly training session designed to improve your tournament performance and get you physically **tennis tough!**

## Jr. Group Tennis Lessons

Quality instruction is key to building a solid future in tennis. Outstanding top rated professionals share their love for the game and teach students all the fundamentals.

## Private Tennis Lessons

Private lessons are available with any of our Pro Staff. Scheduling should be coordinated with the tennis pro.

## Private Group Tennis Lessons

Private groups (3 or more players) may be formed by contacting our head tennis professional **Jeff Behnken** at [jbehnken@obrhc.com](mailto:jbehnken@obrhc.com). Cost of private group lessons will be based on the number of students registered.

# SWIM

**Enjoy swim lessons in our climate controlled, private pool kept at 86° all the time. Cabana changing area, shower and towels are provided.**

## Jr. Competitive Swim Stroke Clinic

A wonderful opportunity for competitive swimmers to refine their stroke, turns and starts. **Must be able to swim 4 lengths of the pool for this class.** Efficient strokes help achieve greater confidence and faster times. Don't miss this chance to get an edge on the competition!

## Jr. Group Swim Lessons

Junior Swim Lessons are for children 5 - 10 years of age. The children are taught basic water safety and introduction to strokes. Please indicate if swimmer is Basic, Intermediate or Advanced level. 3-4 students per class.

## Preschool Swim Lessons

Special swim classes, designed especially for Preschoolers 3-4 years of age, are offered at the same time as the Jr. Swim Lessons. Children are taught basic water safety as they discover the fun of swimming. 2 students per class.

## Mommy & Me Swim Class

Designed to introduce infants from 6 months to 3 years old to the water. Songs and games will help these young children become comfortable with the water. Heated pool for comfort and fun! 3 Mom/child pairs per class.

## Private Swim Lessons

Private lessons are available for anyone age 3 to adult. We teach kids who want to learn to swim as well as experienced swimmers wanting stroke instruction for competition and everything in between. Scheduling should be coordinated with Char Mahar at 630-654-2442 or email [cmahar@obrhc.com](mailto:cmahar@obrhc.com).

## Semi-Private Swim Lessons

Grab a buddy, learning with a friend is lots of fun!



# FITNESS

## Fit Kids Club

Fit Kids is a fun and challenging fitness experience for children taught by **Dan Medema**, NPTI Certified Trainer. Some of the activities include: active games, running, climbing, obstacle courses, balancing fun, jumps and hula hoops. Healthy life-style habits are taught in a fun, kid-friendly environment.

**JOIN US THIS SUMMER!**

**OBRFC Summer 2009 Registration Form** *Please complete one form per participant.*

Parent/Guardian Name \_\_\_\_\_ Youth Name \_\_\_\_\_

Address, City, Zip \_\_\_\_\_ Age \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

Email Address \_\_\_\_\_ Emergency Contact Name/Number \_\_\_\_\_

**High Performance Tennis Camp** Monday - Friday 8:00am - 12:00 pm at Hinsdale Central

- Session 1 June 8<sup>th</sup> - June 26<sup>th</sup>  
\$535.00 - 3 weeks  
 Tournament Level: ages 9-13
  - Session 2 June 29<sup>th</sup> - July 17<sup>th</sup>  
\$535.00 - 3 weeks  
 National Level: ages 14-18
  - Session 3 July 20<sup>th</sup> - July 31<sup>st</sup>  
\$356.00 - 2 weeks
- Ranking \_\_\_\_\_  
(bronze level & above welcome)

**Championship Match Play Jr. Tennis Camp** Monday - Thursday 1:00pm - 3:00 pm

- Session 1 June 8<sup>th</sup> - June 26<sup>th</sup>  
\$370.00 - 3 weeks  
\$285.00/High Performance Campers
- Session 2 June 29<sup>th</sup> - July 17<sup>th</sup>  
\$370.00 - 3 weeks  
\$285.00/High Performance Campers
- Session 3 July 20<sup>th</sup> - July 31<sup>st</sup>  
\$248.00 - 2 weeks  
\$170.00/High Performance Campers

**Tournament Tennis Camp** 4:00pm - 5:30pm

- Session 1 June 8<sup>th</sup> - July 10<sup>th</sup>
  - Session 2 July 13<sup>th</sup> - August 14<sup>th</sup>
- \$559.00 - M,Tu,W,Th 5 weeks  
— \$349.00 - M,W 5 weeks  
— \$349.00 - Tu,Th 5 weeks

**Summer High School Coed Tennis Evening Drill** 6:00pm - 7:30pm

- Session 1 June 8<sup>th</sup> - July 10<sup>th</sup>
  - Session 2 July 13<sup>th</sup> - August 14<sup>th</sup>
- \$559.00 - M,Tu,W,Th 5 weeks  
— \$349.00 - M,W 5 weeks  
— \$349.00 - Tu,Th 5 weeks

**Coed High Level Tennis Training with Scott Radecki** Tuesday 7:30pm - 9:00 pm

- Session 1 June 8<sup>th</sup> - July 10<sup>th</sup>  
\$185.00 - 5 weeks
- Session 2 July 13<sup>th</sup> - August 14<sup>th</sup>  
\$185.00 - 5 weeks

**Jr. Group Tennis Lessons** \*please circle days & times  Session 1 June 8<sup>th</sup> - July 10<sup>th</sup>

- Pee Wee** (ages 4-5) \$119.00  
M,W / Tu,Th 12:00-12:45pm  
M,W / Tu,Th 3:00-3:45pm
- Beginner** (ages 6-7) \$176.00  
M,W / Tu,Th 9:00am-10:00am  
M,W / Tu,Th 11:00am-12:00pm  
M,W / Tu,Th 1:00pm-2:00pm  
M,W / Tu,Th 3:00pm-4:00pm
- Advanced Beginner**  
\$369.00 5 weeks, 4 days per week  
\$229.00 5 weeks, 2 days per week  
M-Th / M,W / Tu,Th 9:00am-10:00am  
M-Th / M,W / Tu,Th 10:00am-11:00am  
M-Th / M,W / Tu,Th 2:00pm-3:00pm  
M-Th / M,W / Tu,Th 6:00pm-7:00pm
- Intermediate**  
\$369.00 5 weeks, 4 days per week  
\$239.00 5 weeks, 2 days per week  
M-Th / M,W / Tu,Th 10:00am-11:00am  
M-Th / M,W / Tu,Th 11:00am-12:00pm  
M-Th / M,W / Tu,Th 3:00pm-4:00pm  
M-Th / M,W / Tu,Th 6:00pm-7:00pm
- Private Tennis Lessons** - Member \$68.00/hr Non-member \$72.00/hr

**Swimming Lessons** \*please circle days & times

- Jr. Competitive Swim Stroke Clinic**  
Member \$95.00 Non-member \$110.00  
F 10:10am-10:55am  
Session 1 only
- Mommy & Me Swim Lessons**  
Member \$75.00 Non-member \$95.00  
T 10:00am-10:30am  
Session 2 only
- Jr. Group Swim Lessons**  
Member \$150.00 Non-member \$180.00  
M,W / Tu,Th 10:10am-10:55am (basic)  
M,W / Tu,Th 11:05am-11:50am (int/adv)
- Private Swim Lessons**  
(4) 45 minute lessons \$168.00  
(6) 30 minute lessons \$168.00  
(8) 45 minute lessons \$328.00  
(12) 45 minute lessons \$480.00  
(16) 45 minute lessons \$624.00
- Session 1** June 8<sup>th</sup> - July 10<sup>th</sup>
- Session 2** July 13<sup>th</sup> - August 14<sup>th</sup>
- Preschool Swim Lessons**  
Member \$175.00 Non-member \$200.00  
M,W / Tu,Th 10:00am-10:30am  
M,W / Tu,Th 10:35am-11:05am  
M,W / Tu,Th 11:10am-11:40am
- Semi-Private Swim Lessons**  
(4) 45 minute lessons \$232.00  
(8) 45 minute lessons \$456.00  
(12) 45 minute lessons \$672.00  
(16) 45 minute lessons \$880.00

**Fit Kids Club** Tuesday & Thursday

- Session 1 June 8<sup>th</sup> - July 10<sup>th</sup>  
\$79.00 - 5 weeks
- Beginner** - Ages 5 - 7 11:00 - 12:00
- Session 2 July 13<sup>th</sup> - August 14<sup>th</sup>  
\$79.00 - 5 weeks

**Multi-Sport Kids Camp** Tuesday & Thursday 10:00 am - 2:00 pm

- Session 1 June 8<sup>th</sup> - July 10<sup>th</sup>  
\$575.00 - 5 weeks
- Session 2 July 13<sup>th</sup> - August 14<sup>th</sup>  
\$575.00 - 5 weeks

Some classes may be full.  
We will contact you  
with alternative programs  
if needed.

**WAIVER OF LIABILITY** - I hereby release OBRFC together with its operators, agents, employees, consultants, assistants, advisors and independent contractors from any and all claims from personal injury or damage that may be sustained by me from use of the premises or equipment or from participating in the physical exercise of body conditioning for which I have subscribed. I hereby represent that I am in good health and capable of participating in such a program. I will not do anything which will injure myself or others while engaging in such programs and will hold Oak Brook Racquet & Fitness Club harmless in connection with my participation. OBRFC can not be held responsible for any damage or loss of personal property.

Signature x \_\_\_\_\_

Total Paid: \_\_\_\_\_ Paid By: Cash/Check/VISA/MC/Disc/OnAccount Ticket #: \_\_\_\_\_ Date: \_\_\_\_\_ Staff: \_\_\_\_\_



650 Westmont Drive  
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## Kids Multi-Sport Camp

Here at Oak Brook Racquet & Fitness Club we've created a day of fun which combines all of our sold-out during the season programs and learning for your kids! Our mission is to provide a fun, safe environment for your children to learn tennis, the sport of a lifetime, the ability to swim and the opportunity to learn about exercising, nutrition and healthy life-style choices.

We will provide our highly qualified, certified instructors for your children to get the very best instruction in each area. Your kids will love our state of the art fitness facility, heated swimming pool and air conditioned indoor tennis courts. Our pros will give your kids a strong foundation for sports and health that will last for a lifetime!

**Swimming Lessons - It's Always Sunny & Warm at our Pool!**  
Beginner - A wonderful opportunity for children to learn basic water safety and introduction to strokes.

**Intermediate** - In this more challenging class, students gain a better knowledge of swimming, strokes and safety. Students gain the understanding and endurance to look cool in the pool this summer!

**Tennis Lessons - It's Always Cool at our Indoor Courts!**  
Tennis lessons are taught by our full time pro staff and include one hour of excellent instruction, which is always done in a fun environment. Proper grips, swing and footwork on all basic tennis strokes are covered in these classes.

**Fit Kids Challenge - Have a Blast Staying Active**  
Fit Kids is a fun and challenging fitness experience for children taught by a certified trainer. Some of the activities include: active games, running, climbing, obstacle courses, balancing fun, jumps and hula hoops. Healthy life-style habits are taught in a fun, kid-friendly environment.

**Multi-Sport Camp Schedule - Beginner - Ages 5-7**  
10:00 am - 11:00 am Swimming Lesson & changing time  
11:00 am - 12:00 pm Fit Kids Challenge  
12:00 pm - 1:00 pm Lunch, Movie/Games  
1:00 pm - 2:00 pm Tennis Lesson

**Multi-Sport Camp Schedule - Intermediate - Ages 8-11**  
10:00 am - 11:00 am Tennis Lesson  
11:00 am - 12:00 pm Swim Lesson & changing time  
12:00 pm - 1:00 pm Lunch, Movie/Games  
1:00 pm - 2:00 pm Fit Kids Challenge

Please bring goggles, non-marking tennis shoes and lunch. We will provide tennis racquets, towels and FUN!

\*\*Sign up by May 15th for Session 1 - June 30th for Session 2, to get the Early Bird Registration discount for Multi-Sport Camp.\*\*