

Fall 2015 Tennis and Golf



Tennis and Golf



St. Louis
Community
College

Continuing Education

3221 McKelvey Road, Suite 250
Bridgeton, MO 63044
314-984-7777

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St. Louis
Community
College
Continuing
Education

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.

PEDU:730

Four Sessions | \$45

801	Th 7pm-8pm Aug. 27 – Sept. 17	Golfport (MH)
802	Th 6pm-7pm Oct. 1 – Oct. 22	Golfport (MH)
803	Sa 10am-11am Aug. 22 – Sept. 19 No class 9/5	Golfport (MH)
810	M 5pm-6pm Sept. 14 – Oct. 5	Big Bend GC
811	Sa 10am-11am Sept. 12 – Oct. 3	Big Bend GC
812	Su 1pm-2pm Sept. 13 – Oct. 4	Big Bend GC

Women Only

800	Th 6pm-7pm Aug. 27 – Sept. 17	Golfport (MH)
804	Sa 11am-12pm Oct. 3 – Oct. 24	Golfport (MH)

Six Sessions | \$59

880	Tu 7pm-8pm Sept. 15 – Oct. 20	The First Tee (Mehl)
881	W 6pm-7pm Sept. 16 – Oct. 21	The First Tee (Mehl)
882	Sa 10am-11am Oct. 3 – Nov. 7	The First Tee (Mehl)
870	F 10am-11am Sept. 11 – Oct. 16	Ruth Park GC
860	M 7pm-8pm Sept. 14 – Oct. 19	Sunset Hills Golf L.C.
861	W 6pm-7pm Sept. 9 – Oct. 14	Sunset Hills Golf L.C.
862	Sa 10am-11am Sept. 12 – Oct. 17	Sunset Hills Golf L.C.
890	Tu 9am-10am Sept. 1 – Oct. 6	Tower Tee
891	W 5pm-6pm Sept. 2 – Oct. 7	Tower Tee
892	W 7pm-8pm Sept. 2 – Oct. 7	Tower Tee
893	Th 6pm-7pm Sept. 3 – Oct. 8	Tower Tee
894	Sa 11am-12pm Sept. 12 – Oct. 17	Tower Tee

Golf Classes

Extra fee for balls

Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Youth Golf Classes

Golf for Youth: Beginning I - 4 Sessions

Beginning Golf for children. Ages 7-15.

KIDS:710 | \$45

810	Sa 11am-12pm Sept. 12 – Oct. 3	Big Bend GC
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Golf: Parent/Child - 4 Sessions

Attend class with your child, ages 7-15, and have fun learning the basics of golf together! Registration required for each participant.

PEDU:732 | \$45

810	Su 12pm-1pm Sept. 13 – Oct. 4	Big Bend GC
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Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.

PEDU:731

Four Sessions | \$45

800	Tu 11am-12pm Sept. 15 – Oct. 6	Golfport (MH)
801	Th 7pm-8pm Oct. 1 – Oct. 22	Golfport (MH)
803	Sa 10am-11am Oct. 3 – Oct. 24	Golfport (MH)
820	Sa 10am-11am Aug. 29 – Sept. 26 No class 9/5	Eagle Springs
810	M 6pm-7pm Sept. 14 – Oct. 5	Big Bend GC
811	M 7pm-8pm Sept. 14 – Oct. 5	Big Bend GC
812	Sa 9am-10am Sept. 12 – Oct. 3	Big Bend GC

Women Only

802	Sa 11am-12pm Aug. 22 – Sept. 19 No class 9/5	Golfport (MH)
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Six Sessions | \$59

880	Tu 6pm-7pm Sept. 15 – Oct. 20	The First Tee (Mehl)
881	W 7pm-8pm Sept. 16 – Oct. 21	The First Tee (Mehl)
860	M 6pm-7pm Sept. 14 – Oct. 19	Sunset Hills Golf L.C.
861	W 7pm-8pm Sept. 9 – Oct. 14	Sunset Hills Golf L.C.
862	Sa 11am-12pm Sept. 12 – Oct. 17	Sunset Hills Golf L.C.

Golf: Playing Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | \$39

820	M 5pm-7:30pm Aug. 31	Eagle Springs
821	M 5pm-7:30pm Sept. 21	Eagle Springs

Golf: Short Game Skills

Class will cover putting, chipping, pitching, and sand shots and will cater to the beginner student as well as the student wanting to improve their game.

PEDU:732 | \$59

891	Th 10am-11am Sept. 3 – Oct. 8	Tower Tee
895	W 6pm-7pm Sept. 2 – Oct. 7	Tower Tee
896	Th 7pm-8pm Sept. 3 – Oct. 8	Tower Tee
898	Sa 10am-11am Sept. 12 – Oct. 17	Tower Tee
882	Sa 11am-12pm Oct. 3 – Nov. 7	The First Tee (Mehl)

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.

PEDU:732 | \$59

890	Th 9am-10am Sept. 3 – Oct. 8	Tower Tee
892	M 5pm-6pm Aug. 31 – Oct. 12 No class 9/7	Tower Tee
893	M 7pm-8pm Aug. 31 – Oct. 12 No class 9/7	Tower Tee
894	Tu 6pm-7pm Sept. 1 – Oct. 6	Tower Tee
897	Sa 8am-9am Sept. 12 – Oct. 17	Tower Tee

Play Better Golf

Become the best golfer you can be! Instruction will focus on putting, short game skills, and learning how to drive the ball further with more accuracy so you can start lowering your scores today. Open for all skill levels and balls will be provided. Class meets at Creve Coeur's Municipal Golf Course (mandatory first class meets Tuesday, 9/15; remainder of classes meet on Sunday, 9/20-10/11). For details contact instructor, (314-434-4715, melklearman@att.net).

PEDU:732 | \$39

V01	Tu 5:30pm-7pm Sept. 15 Su 9am-10am Sept. 20-Oct. 11	Melvin Klearman Creve Coeur Mun. G.C. Creve Coeur Mun. G.C.
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Golf for Seniors - 4 Sessions

Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace.

PEDU:732 | \$45

800	Tu 10am-11am Sept. 15 – Oct. 6	Golfport (MH)
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Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box.

PEDU:733 | \$69

M06	Tu 1pm-2pm Oct. 27 – Dec. 8	Vetta
M07	Sa 2:30pm-3:30pm Sept. 12 – Oct. 24	Vetta

Tennis: Beginning I and II (NTRP 1.0-2.5)

See NTRP Rating Box.

PEDU:733

Outdoor**Four Session | \$55**

M05	Th 6pm-7pm Sept. 17 – Oct. 8	Sunset Hills Watson Trails
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Six Sessions | \$75

P01	Sa 9am-10am Sept. 12 – Oct. 17	Kaufman Park
720	MW 6pm-7pm Sept. 8 – Sept. 24	Ladue Mid. School

Indoor**Six Sessions | \$85**

M03	Su 6pm-7pm Sept. 20 – Oct. 25	Frontenac R.C.
M04	Su 6pm-7pm Nov. 8 – Dec. 13	Frontenac R.C.

Seven Hours | \$69

M01	M 11am-12pm Sept. 21 – Nov. 2	Chesterfield Ath. Club
M02	Su 10am-11am Sept. 27 – Nov. 8	Chesterfield Ath. Club

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$69

M01	Tu 1pm-2pm Sept. 8 – Oct. 20	Vetta
M02	Sa 3:30pm-4:30pm Sept. 12 – Oct. 24	Vetta
M03	Sa 3:30pm-4:30pm Oct. 31 – Dec. 19 No class 11/28	Vetta

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box.

PEDU:735

Outdoor**Six Sessions | \$75**

720	MW 7pm-8pm Sept. 8 – Sept. 24	Ladue Mid. School
P01	Sa 10am-11am Sept. 12 – Oct. 17	Kaufman Park

Indoor**Six Sessions | \$85**

M03	Sa 4pm-5pm Sept. 5 – Oct. 10	Forest Lake
M04	Sa 4pm-5pm Oct. 31 – Dec. 5	Forest Lake

Nine Hours | \$89

M01	Th 8:30pm-10pm Aug. 27 – Oct. 1	Woods Mill R.C.
M02	Th 8:30pm-10pm Oct. 15 – Nov. 19	Woods Mill R.C.

10.5 Hours | \$95

M05	Tu 2pm-3:30pm Oct. 27 – Dec. 8	Vetta
M06	Th 2pm-3:30pm Sept. 10 – Oct. 22	Vetta
M07	Sa 4:30pm-6pm Oct. 31 – Dec. 19 No class 11/28	Vetta

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)

See NTRP Rating Box

PEDU:736

Indoor**10.5 Hours | \$95**

M01	Tu 1pm-2:30pm Sept. 22 – Nov. 3	Chesterfield Ath. Club
M02	Tu 2pm-3:30pm Sept. 8 – Oct. 20	Vetta
M03	Th 2pm-3:30pm Oct. 29 – Dec. 17 No class 11/26	Vetta
M04	Sa 4:30pm-6pm Sept. 12 – Nov. 24	Vetta
M05	Sa 2pm-3:30pm Oct. 31 – Dec. 19 No class 11/28	Vetta

Youth Tennis Classes**Tennis for Youth: Pee Wee I**

Series of group lessons specifically designed to introduce your young child, 4-6 years of age, to the game of tennis. Class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided.

KIDS:709 | \$85

M04 Su 5pm-6pm

Sept. 20 – Oct. 25 Frontenac R.C.

Tennis for Youth: Beginning I and II

Class designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.

KIDS:709

Indoor**Six Sessions | \$85****Ages 7-10**

M03	Sa 4pm-5pm Sept. 5 – Oct. 10	Forest Lake
M06	Sa 4pm-5pm Oct. 31 – Dec. 5	Forest Lake
M05	Su 6pm-7pm Sept. 20 – Oct. 25	Frontenac R.C.
M07	Su 6pm-7pm Nov. 8 – Dec. 13	Frontenac R.C.

Outdoor**Four Sessions | \$55****Ages 7-10**

M02	Th 5pm-6pm Sept. 17 – Oct. 8	Sunset Hills Watson Trails
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Ages 11-15

M01	Th 4pm-5pm Sept. 17 – Oct. 8	Sunset Hills Watson Trails
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Six Sessions | \$75**Ages 7-10**

720	MW 6pm-7pm Sept. 8 – Sept. 24	Ladue Mid. School
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Ages 11-15

P01	Sa 11am-12pm Sept. 12 – Oct. 17	Kaufman Park
721	MW 7pm-8pm Sept. 8 – Sept. 24	Ladue Mid. School

National Tennis Rating Program (NTRP)

- 1.0 This player is just starting to play Tennis
- 2.0 May have had some lessons; needs on-court experience
- 2.5 Can sustain a short rally of slow pace; needs to develop form
- 3.0 Consistent on medium-paced shots; needs work on form and strategy
- 3.5 Consistent with directional control; needs to work on specialty shots
- 4.0 Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis

Designations used as a tool to assist students when registering for Tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic Tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and Tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Tennis Workshop: Beginning I and II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants.

PEDU:733 | No Fee

580 Sa 11am-12pm
Sept. 19 – Oct. 3 FV - PE, TENNIS

Tennis for Youth Workshop: Beginning I and II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants.

KIDS:709 | No Fee

Ages 7-10

580 Sa 9am-9:55am
Sept. 19 – Oct. 3 FV - PE, TENNIS

Ages 11-15

581 Sa 10am-10:55am
Sept. 19 – Oct. 3 FV - PE, TENNIS

New Pickleball: Basics

Come join the fun! Pickleball is a fast-growing sport for many good reasons: it's easy to learn and play, has simple rules, and is great exercise for all ages and abilities. Learn the basics of Pickleball then enjoy recreational play. All equipment provided; dress appropriately for outdoor court.

PEDU:740 | \$49

M01 M 5pm-5:55pm
Aug. 24 – Oct. 5, No class 9/7

Allyson Duffin
Kennedy Rec. Ctr

M03 Sa 9am-9:55am
Aug. 29 – Oct. 10, No class 9/5

Allyson Duffin
Kennedy Rec. Ctr

New Pickleball: Continuing

Now that you know the basics of Pickleball, continue the fun playing at a more advanced level. Just register and come play! Prerequisite: Previous Pickleball instruction or equivalent experience. All equipment provided; dress appropriately for outdoor court. No class 9/7.

PEDU:740 | \$49

M02 M 6pm-6:55pm
Aug. 24 – Oct. 5, No class 9/7

Allyson Duffin
Kennedy Rec. Ctr

M04 Sa 10am-10:55am
Aug. 29 – Oct. 10, No class 9/5

Allyson Duffin
Kennedy Rec. Ctr

Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact William Woodward, Associate Vice Chancellor for Student Affairs, 314-539-5374.

If you have accommodation needs, please contact Anne Marie Schreiber, 314-984-7704, at least two working days prior to the event.

Registration is Easy!!!



Mail

Complete the registration form (below) and mail with check (payable to **St. Louis Community College**) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
3400 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-320-322
5600 Oakland Ave., St. Louis, MO 63110

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am-4 pm

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address /email/ phone number)
3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.

Registration Deadline

All non-credit courses are limited in enrollment. Advanced registration is required.

Automatic Bank Payment (ACH)

All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-In

Registration form Please print in ink.

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

Check Payment:

Please make checks payable to
St. Louis Community College, and
mail with form (address above).

Credit Card Payment:

Charge fees to:

- ☐ MasterCard
☐ VISA
☐ Discover
☐ American Express

Email Address: _____

UIN or Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

CARD NUMBER Expiration Date: _____

Signature: _____