

Fall 2016 Tennis and Golf

**Keep your eye
on the ball**



St. Louis Community College
Continuing Education

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

Call 314-984-7777 to register today

Golf: Beginning I

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

PEDU:730

Four Sessions | \$45

- 810 M 5pm-6pm
Sept. 12 – Oct. 3
Big Bend G.C.
- 811 Sa 10am-11am
Sept. 10 – Oct. 1
Big Bend G.C.
- 801 Th 6pm-7pm
Sept. 29 – Oct. 20
Golfport of M.H.

Six Sessions | \$59

- 890 Tu 9am-10am
Aug. 30 – Oct. 4
Tower Tee G.C.
- 891 W 5pm-6pm
Aug. 31 – Oct. 5
Tower Tee G.C.
- 893 Th 6pm-7pm
Sept. 1 – Oct. 6
Tower Tee G.C.
- 894 Sa 11am-12pm
Sept. 10 – Oct. 15
Tower Tee G.C.
- 861 Th 5pm-6pm
Sept. 15 – Oct. 20
Ron Muse
Sunset Hills G.L.C.
- 862 Sa 10am-11am
Sept. 17 – Oct. 22
Ron Muse
Sunset Hills G.L.C.
- 881 W 6pm-7pm
Sept. 14 – Oct. 19
Don Simpson
The First Tee

Golf: Beginning II

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

PEDU:731

Four Sessions | \$45

- 810 M 6pm-7pm
Sept. 12 – Oct. 3
Big Bend G.C.
- 811 M 7pm-8pm
Sept. 12 – Oct. 3
Big Bend G.C.
- 812 Sa 9am-10am
Sept. 10 – Oct. 1
Big Bend G.C.
- 800 Tu 11am-12pm
Sept. 13 – Oct. 4
Golfport of M.H.
- 802 Th 7pm-8pm
Sept. 29 – Oct. 20
Golfport of M.H.

Six Sessions | \$59

- 890 Tu 10am-11am
Aug. 30 – Oct. 4
Tower Tee G.C.
- 891 M 6pm-7pm
Sept. 12 – Oct. 17
Tower Tee G.C.
- 893 Sa 9am-10am
Sept. 10 – Oct. 15
Tower Tee G.C.
- 860 M 5pm-6pm
Sept. 12 – Oct. 17
Ron Muse
Sunset Hills G.L.C.
- 861 Sa 11am-12pm
Sept. 17 – Oct. 22
Ron Muse
Sunset Hills G.L.C.
- 880 Tu 6pm-7pm
Sept. 13 – Oct. 18
Don Simpson
The First Tee
- 881 W 7pm-8pm
Sept. 14 – Oct. 19
Don Simpson
The First Tee
- 882 Sa 10am-11am
Oct. 1 – Nov. 5
Don Simpson
The First 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

Have fun learning the basics of golf and practicing the perfect swing! Ages 7-15. Extra fee for balls.

KIDS:710 | \$45

- 810 Sa 11am-12pm
Sept. 10 – Oct. 1
Big Bend G.C.



Golf: Basics and Beyond

Learning to play correctly is key to a great golf game. New golfers get started on the right track and more experienced golfers will get back to basics to help 'un-learn' any bad habits. Class will cover Putting, Chipping, Pitching, Rules, Etiquette, Full swing with Iron and Full swing with Wood. A great mix for beginning students just learning to play and experienced golfers brushing up on skills and rules of play as a refresher course!

PEDU:730 | \$99

- 820 Sa 10am-11:30am
Sept. 24 – Oct. 22
Eagle Springs G.C.

Golf: Combo Class

Enjoy 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

- 892 Tu 6pm-7pm
Aug. 30 – Oct. 4
Tower Tee G.C.
- 895 M 5pm-6pm
Sept. 12 – Oct. 17
Tower Tee G.C.
- 897 Sa 8am-9am
Sept. 10 – Oct. 15
Tower Tee G.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 \$20 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is at the start time so be sure to arrive a few minutes early.

PEDU:732 | \$39

- 820 M 3:30pm-5:30pm
Oct. 17
Eagle Springs G.C.
- 821 M 5pm-7pm
Sept. 19
Eagle Springs G.C.

Golf: Short Game Skills

Whether you are a beginning student or just wanting to improve your golf game, this class will cater to you. Class will cover putting, chipping and pitching.

PEDU:732 | \$59

- 891 Th 10am-11am
Sept. 1 – Oct. 6
Tower Tee G.C.
- 896 M 7pm-8pm
Sept. 12 – Oct. 17
Tower Tee G.C.
- 898 Sa 10am-11am
Sept. 10 – Oct. 15
Tower Tee G.C.
- 860 Th 6pm-7pm
Sept. 15 – Oct. 20
Ron Muse
Sunset Hills G.L.C.
- 880 Sa 11am-12pm
Oct. 1 – Nov. 5
Don Simpson
The First Tee

Golf: Parent/Child - 4 Sessions

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

PEDU:732 | \$45

- 801 Tu 6pm-7pm
Sept. 13 – Oct. 4
Golfport of M.H.

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. 13 – Oct. 4
Golfport of M.H.

Like us on facebook.com.



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Call 314-984-7777 to register today!

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$69

M01	Tu 1pm-2pm	
	Oct. 25 – Dec. 6	Vetta
M04	Sa 2pm-3pm	
	Sept. 10 – Oct. 22	Vetta

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

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Two Sessions | \$25

580	Sa 11am-11:55am	
	Sept. 24 – Oct. 1	FV - PE, TENNIS

Four Sessions | \$55

550	Tu 6pm-6:55pm	
	Sept. 13 – Oct. 4	FV - PE, TENNIS

M02	Th 7pm-8pm	
	Sept. 8 – Sept. 29	Sunset Hills Watson Trails

Six Sessions | \$85

M05	Su 6pm-7pm	
	Sept. 18 – Oct. 23	Frontenac Racquet Club

M06	Su 6pm-7pm	
	Nov. 6 – Dec. 11	Frontenac Racquet Club

M03	MW 6pm-7pm	
	Sept. 19 – Oct. 5	Lake School Park

Seven Sessions | \$69

M02	Su 10am-11am	
	Oct. 2 – Nov. 13	Chesterfield Athl. Club

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$69

M01	Tu 1pm-2pm	
	Sept. 6 – Oct. 18	Vetta
M03	Sa 3:30pm-4:30pm	
	Oct. 29 – Dec. 17	Vetta
	No Class 11/26	

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Four Sessions | \$55

550	Tu 7pm-7:55pm	
	Sept. 13 – Oct. 4	FV - PE, TENNIS

Six Sessions | \$85

M07	Sa 4pm-5pm	
	Sept. 10 – Oct. 22	Forest Lake Tennis Club

M09	Sa 4pm-5pm	
	Oct. 29 – Dec. 3	Forest Lake Tennis Club

M05	MW 7pm-8pm	
	Sept. 19 – Oct. 5	Lake School Park

10.5 Hours | \$95

M02	Tu 2pm-3:30pm	
	Oct. 25 – Dec. 6	Vetta

M01	Th 2pm-3:30pm	
	Sept. 8 – Oct. 20	Vetta

M06	Sa 3pm-4:30pm	
	Sept. 10 – Oct. 22	Vetta

M08	Sa 4:30pm-6pm	
	Oct. 29 – Dec. 17	Vetta
	No Class 11/26	

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

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$95

M01	Tu 2pm-3:30pm	
	Sept. 6 – Oct. 18	Vetta

M03	Th 2pm-3:30pm	
	Oct. 27 – Dec. 15	Vetta
	No Class 11/24	

M04	Sa 4:30pm-6pm	
	Sept. 10 – Oct. 22	Vetta

M05	Sa 2pm-3:30pm	
	Oct. 29 – Dec. 17	Vetta
	No Class 11/26	

M02	Tu 1pm-2:30pm	
	Oct. 4 – Nov. 15	Chesterfield Athl. Club

**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

Four Sessions | \$35

M01	Th 5:30pm-6pm	
	Sept. 8 – Sept. 29	Sunset Hills Watson Trails

Six Sessions | \$55

M06	Su 5:30pm-6pm	
	Sept. 18 – Oct. 23	Frontenac Racquet Club

M03	MW 6:30pm-7pm	
	Sept. 19 – Oct. 5	Lake School Park

Tennis for Youth: Beginning I and II

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

Two Sessions | \$25

580	Sa 9am-9:55am	
	Sept. 24 – Oct. 1	FV - PE, TENNIS

Ages 11-15

581	Sa 10am-10:55am	
	Sept. 24 – Oct. 1	FV - PE, TENNIS

Four Sessions | \$55

M02	Th 6pm-7pm	
	Sept. 8 – Sept. 29	Sunset Hills Watson Trails

Six Sessions | \$85

M05	Sa 4pm-5pm	
	Sept. 10 – Oct. 22	Forest Lake Tennis Club

M08	Sa 4pm-5pm	
	Oct. 29 – Dec. 3	Forest Lake Tennis Club

M07	Su 6pm-7pm	
	Sept. 18 – Oct. 23	Frontenac Racquet Club

M09	Su 6pm-7pm	
	Nov. 6 – Dec. 11	Frontenac Racquet Club

M04	MW 7pm-8pm	
	Sept. 19 – Oct. 5	Lake School Park

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.

Check out other STLCC Continuing Education brochures:

- **Health and Wellness**
- **Aquatics**
- **The Great Outdoors**
- **Youth and Family**

Call 314-984-7777 to request more information or to register!

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 Patricia Henderson of Human Resources, 314-539-5214.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least six weeks prior to the class or 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 - 5 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.

Mail to: 3221 McKelvey Road
 Bridgeton, MO 63044

Please register me for the following course(s):

Attn: Continuing Education

Course Code	Section	Course Title	Day/Time	Fees
Total				

- Male Senior Citizen?
 Female Yes No

Please check material fees prior to sending payment in.

Check Payment:

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

Credit Card Payment:

Charge fees to:

- MasterCard Discover
 VISA 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: _____

Expiration Date: _____
CARD NUMBER

Signature: _____