

Fall 2017 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

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St. Louis
Community
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Education

Golf

Golf: Beginning I

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

PEDU:730

Four Sessions | \$45

860	M 6pm-7pm Sept. 11 - Oct. 2	Ronald Muse Sunset Hills Golf LC
861	Th 5pm-6pm Sept. 14 - Oct. 5	Ronald Muse Sunset Hills Golf LC
862	Sa 10am-11am Sept. 16 - Oct. 7	Ronald Muse Sunset Hills Golf LC
810	M 5pm-6pm Sept. 11 - Oct. 2	Big Bend GC
811	Sa 10am-11am Sept. 9 - Sept. 30	Big Bend GC
812	Su 1pm-2pm Sept. 10 - Oct. 1	Big Bend GC
800	Th 7pm-8pm Aug. 31 - Sept. 21	Golfport-MH
801	Th 6pm-7pm Oct. 5 - Oct. 26	Golfport-MH
802	Sa 9am-10am Sept. 9 - Sept. 30	Golfport-MH

Six Sessions | \$59

890	Tu 9am-10am Sept. 5 - Oct. 10	Tower Tee
891	W 5pm-6pm Sept. 6 - Oct. 11	Tower Tee
892	W 7pm-8pm Sept. 6 - Oct. 11	Tower Tee
893	Th 6pm-7pm Aug. 31 - Oct. 5	Tower Tee
894	Sa 10am-11am Sept. 9 - Oct. 14	Tower Tee
880	W 6pm-7pm Sept. 13 - Oct. 18	Donald Simpson First Tee Driving Range
881	Sa 10am-11am Sept. 16 - Oct. 21	Donald Simpson First Tee Driving Range

Golf: Beginning II

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

PEDU:731

Four Sessions | \$45

860	M 5pm-6pm Sept. 11 - Oct. 2	Ronald Muse Sunset Hills Golf LC
861	Sa 11am-12pm Sept. 16 - Oct. 7	Ronald Muse Sunset Hills Golf LC
810	M 6pm-7pm Sept. 11 - Oct. 2	Big Bend GC
811	M 7pm-8pm Sept. 11 - Oct. 2	Big Bend GC
812	Sa 9am-10am Sept. 9 - Sept. 30	Big Bend GC
800	Th 6pm-7pm Aug. 31 - Sept. 21	Golfport-MH
801	Th 7pm-8pm Oct. 5 - Oct. 26	Golfport-MH
802	Sa 10am-11am Oct. 7 - Oct. 28	Golfport-MH

Six Sessions | \$59

890	Tu 10am-11am Sept. 5 - Oct. 10	Tower Tee
891	M 6pm-7pm Sept. 11 - Oct. 16	Tower Tee
892	Th 6pm-7pm Oct. 12 - Nov. 16	Tower Tee
893	Sa 9am-10am Sept. 9 - Oct. 14	Tower Tee
880	Tu 6pm-7pm Sept. 12 - Oct. 17	Donald Simpson First Tee Driving Range
881	W 7pm-8pm Sept. 13 - Oct. 18	Donald Simpson First Tee Driving Range

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 'unlearn' 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. 9 - Oct. 7	Eagle Springs
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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 and mental game strategies will be discussed.

PEDU:732 | \$59

890	Th 9am-10am Aug. 31 - Oct. 5	Tower Tee
892	Tu 6pm-7pm Sept. 5 - Oct. 10	Tower Tee
894	Th 7pm-8pm Aug. 31 - Oct. 5	Tower Tee
895	W 5pm-6pm Oct. 18 - Nov. 22	Tower Tee
897	Sa 8am-9am Sept. 9 - Oct. 14	Tower Tee

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

Four Sessions | \$45

860	Th 6pm-7pm Sept. 14 - Oct. 5	Ronald Muse Sunset Hills Golf LC
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Six Sessions | \$59

891	Th 10am-11am Aug. 31 - Oct. 5	Tower Tee
893	W 6pm-7pm Sept. 6 - Oct. 11	Tower Tee
896	M 7pm-8pm Sept. 11 - Oct. 16	Tower Tee
898	Sa 11am-12pm Sept. 9 - Oct. 14	Tower Tee
880	Tu 7pm-8pm Sept. 12 - Oct. 17	Donald Simpson First Tee Driving Range

Golf: Playing Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. Golf 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 some 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 5pm-7pm Aug. 28	Eagle Springs
821	M 5pm-7pm Sept. 25	Eagle Springs

Golf for Seniors

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. 5 - Sept. 26	Golfport-MH
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Golf: Parent/Child

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	Sa 10am-11am Sept. 9 - Sept. 30	Golfport-MH
810	Su 12pm-1pm Sept. 10 - Oct. 1	Big Bend GC

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.



Call 314-984-7777 to register today!

Tennis

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$69

M01	Tu 1pm-2pm Oct. 24 – Dec. 5	Vetta, COURT
M04	Sa 2pm-3pm Sept. 9 – Oct. 21	Vetta, COURT

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

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Four Sessions | \$55

M03	MW 7pm-8pm Sept. 25 – Oct. 4	LSP/TC
M02	Th 7pm-8pm Sept. 7 – Sept. 28	SH Watson Trails
P01	Sa 11am-12pm Sept. 9 – Sept. 30	Kaufman Park

Six Sessions | \$85

M05	Su 6pm-7pm Sept. 17 – Oct. 22	Frontenac RC
M06	Su 6pm-7pm Nov. 5 – Dec. 10	Frontenac RC

Seven Sessions | \$69

M02	Su 10am-11am Sept. 10 – Oct. 22	Chesterfield Athl Club
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Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$69

M01	Sa 3:30pm-4:30pm Sept. 9 – Oct. 21	Vetta, COURT
M03	Sa 3:30pm-4:30pm Oct. 28 – Dec. 16 No Class 11/25	Vetta, COURT

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Six Sessions | \$85

M07	Sa 4pm-5pm Sept. 9 – Oct. 14	Forest Lake TC
M09	Sa 4pm-5pm Oct. 28 – Dec. 2	Forest Lake TC

Seven Sessions | \$95

M02	Tu 2pm-3:30pm Oct. 24 – Dec. 5	Vetta, COURT
M01	Th 2pm-3:30pm Sept. 7 – Oct. 19	Vetta, COURT
M08	Sa 4:30pm-6pm Oct. 28 – Dec. 16 No Class 11/25	Vetta, COURT

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. 5 – Oct. 17	Vetta, COURT
M03	Th 2pm-3:30pm Oct. 26 – Dec. 14 No Class 11/23	Vetta, COURT
M04	Sa 4:30pm-6pm Sept. 9 – Oct. 21	Vetta, COURT
M05	Sa 2pm-3:30pm Oct. 28 – Dec. 16 No Class 11/25	Vetta, COURT
M02	Tu 1pm-2:30pm Sept. 12 – Oct. 24	Chesterfield Athl Club



Pickleball: Basics and Continuing

Come join the fun! Pickleball is a fast-growing sport for good reason: it's easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court.

PEDU:740 | \$59

M01	M 5pm-5:55pm	Allyson Duffin Frank Dalton
	Sept. 11 – Oct. 16	Kennedy Rec Ctr, TENNIS CRT
M02	M 6pm-6:55pm	Allyson Duffin Frank Dalton
	Sept. 11 – Oct. 16	Kennedy Rec Ctr, TENNIS CRT
M03	Sa 9am-9:55am	Allyson Duffin Frank Dalton
	Sept. 9 – Oct. 14	Kennedy Rec Ctr, TENNIS CRT
M04	Sa 10am-10:55am	Allyson Duffin Frank Dalton
	Sept. 9 – Oct. 14	Kennedy Rec Ctr, TENNIS CRT

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.

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 Mary Zabriskie, J.D. at 314-539-5345.

Access Office – disAbility Support Services for students with documented disabilities are available through campus Access offices. These services include: advising and academic counseling, coordination of academic accommodations and support services, consultation with faculty and staff regarding accommodation needs as well as help with connecting to community professionals and agencies. To qualify for services complete the online Application for Services and contact the Access Office on the campus where you plan to attend. Applications are accepted at any time during the semester, but the College recommends submitting requests as early as possible to allow time to make any necessary arrangements in time for the start of classes. Accommodations are generally not provided retroactively so it is important for you to apply for accommodations and provide documentation that supports your requested accommodations as soon as you can. For more information, visit stlcc.edu/disability or call the Access Office on your campus.

Youth Classes

Golf for Youth: Beginning I

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. 9 – Sept. 30

Big Bend GC

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

M03 MW 5:30pm-6pm
Sept. 25 – Oct. 4

LSP/TC

M01 Th 5:30pm-6pm
Sept. 7 – Sept. 28

SH Watson Trails

P01 Sa 8:30am-9am
Sept. 9 – Sept. 30

Kaufman Park

Six Sessions | \$55

M06 Su 5:30pm-6pm
Sept. 17 – Oct. 22

Frontenac RC

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

Four Sessions | \$55

Ages 7-10

M02 Th 6pm-7pm
Sept. 7 – Sept. 28

SH Watson Trails

P02 Sa 9am-10am
Sept. 9 – Sept. 30

Kaufman Park

Ages 11-15

P03 Sa 10am-11am
Sept. 9 – Sept. 30

Kaufman Park

M04 MW 6pm-7pm
Sept. 25 – Oct. 4

LSP/TC

Six Sessions | \$85

Ages 7-10

M07 Su 6pm-7pm
Sept. 17 – Oct. 22

Frontenac RC

M09 Su 6pm-7pm
Nov. 5 – Dec. 10

Frontenac RC

Ages 11-15

M05 Sa 5pm-6pm
Sept. 9 – Oct. 14

Forest Lake TC

M08 Sa 5pm-6pm
Oct. 28 – Dec. 2

Forest Lake TC



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



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

Telephone: 314-984-7777

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 / phone number)
3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date

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

Meramec	Florissant Valley	Forest Park
802 Couch Avenue St. Louis, MO 63122	At the Center for Workforce Innovation 3400 Pershall Rd., Ferguson, MO 63135	Forest Park, SC, 125 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.

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

Email Address: _____

Senior Citizen?

Yes No

Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Do you have a disability-related need?

Yes No

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

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

Expiration Date: _____

CARD NUMBER

Signature: _____

Please check material fees prior to sending in payment.