

Spring 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

Call 314-984-7777 to register starting January 3!

Golf: Beginning I

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

PEDU:730 | \$45

- Four Sessions | \$45**
- 800 Th 7pm-8pm
March 23 - April 13
Golfport-Maryland Hgths
- 801 Th 6pm-7pm
April 27 - May 18
Golfport-Maryland Hgths
- 802 Sa 9am-10am
April 29 - May 20
Golfport-Maryland Hgths
- 810 W 7pm-8pm
March 29 - April 19
Big Bend GC
- 811 M 5pm-6pm
April 10 - May 1
Big Bend GC
- 812 Sa 10am-11am
April 22 - May 13
Big Bend GC
- 813 Su 1pm-2pm
April 23 - May 14
Big Bend GC

Six Sessions | \$59

- 880 W 6pm-7pm
April 5 - May 10
Donald Simpson
First Tee
- 881 Sa 10am-11am
April 8 - May 13
Donald Simpson
First Tee
- 860 M 6pm-7pm
April 10 - May 15
Ronald Muse
Sunset Hill Golf LC
- 861 Th 5pm-6pm
March 2 - April 6
Ronald Muse
Sunset Hill Golf LC
- 862 Sa 10am-11am
April 15 - May 20
Ronald Muse
Sunset Hill Golf LC
- 893 Sa 11am-12pm
Feb. 11 - March 18
Tower Tee
- 891 M 7pm-8pm
March 20 - April 24
Tower Tee
- 890 Tu 9am-10am
March 28 - May 2
Tower Tee
- 892 Th 6pm-7pm
April 6 - May 11
Tower Tee

12 Sessions | \$109

- 870 TuTh 11am-12pm
March 28 - May 4
Ruth Park

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
April 22 - May 13
Eagle Springs



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
April 25 - May 16
Golfport-Maryland Hgths
- 801 Th 6pm-7pm
March 23 - April 13
Golfport-Maryland Hgths
- 802 Th 7pm-8pm
April 27 - May 18
Golfport-Maryland Hgths
- 803 Sa 11am-12pm
April 29 - May 20
Golfport-Maryland Hgths
- 810 W 5pm-6pm
March 29 - April 19
Big Bend GC
- 811 M 6pm-7pm
April 10 - May 1
Big Bend GC
- 812 M 7pm-8pm
April 10 - May 1
Big Bend GC
- 813 Sa 9am-10am
April 22 - May 13
Big Bend GC

Six Sessions | \$59

- 880 Tu 6pm-7pm
April 11 - May 16
Donald Simpson
First Tee
- 881 W 7pm-8pm
April 5 - May 10
Donald Simpson
First Tee
- 860 M 5pm-6pm
Feb. 27 - April 3
Ronald Muse
Sunset Hill Golf LC
- 861 Sa 11am-12pm
April 15 - May 20
Ronald Muse
Sunset Hill Golf LC
- 890 Tu 10am-11am
March 28 - May 2
Tower Tee
- 891 Th 5pm-6pm
Feb. 16 - March 23
Tower Tee
- 892 M 6pm-7pm
March 20 - April 24
Tower Tee
- 893 Sa 9am-10am
April 1 - May 6
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

- 822 M 6pm-7pm
March 27 - April 17
Eagle Springs

Six Sessions | \$59

- 891 Th 10am-11am
Feb. 16 - March 23
Tower Tee
- 892 W 6pm-7pm
March 29 - May 3
Tower Tee
- 894 Th 7pm-8pm
April 6 - May 11
Tower Tee
- 897 Sa 10am-11am
April 1 - May 6
Tower Tee
- 870 F 10am-11am
April 7 - May 12
Ruth Park
- 860 Th 6pm-7pm
April 13 - May 18
Ronald Muse
Sunset Hill Golf LC
- 880 Tu 7pm-8pm
April 11 - May 16
Donald Simpson
First Tee

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
April 25 - May 16
Golfport-Maryland Hgths

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 meet on Tuesday; remainder of classes meet on Sunday). For details contact instructor (314-793-6061, melklearman@att.net).

PEDU:732 | \$39

- V01 Tu 5:30pm-7pm
March 14
Su 9am-10am
March 19-April 9
Melvin Klearman
Creve Coeur Mun. GC
- V02 Tu 5:30pm-7pm
April 18
Su 9am-10am
April 23-May 21
Melvin Klearman
Creve Coeur Mun. GC

Golf: Parent/Child - Four Sessions

Parent attends class with child ages 7-15. Registration required for each participant.

PEDU:732 | \$45

- 810 W 6pm-7pm
March 29 - April 19
Big Bend GC
- 811 Su 12pm-1pm
April 23 - May 14
Big Bend GC
- 801 Tu 6pm-7pm
April 25 - May 16
Golfport-Maryland Hgths
- 802 Sa 10am-11am
April 29 - May 20
Golfport-Maryland Hgths

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 5pm-7pm
May 1
Eagle Springs
- 821 M 5pm-7pm
May 15
Eagle Springs

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

- 890 Th 9am-10am
Feb. 16 - March 23
Tower Tee
- 893 W 7pm-8pm
March 29 - May 3
Tower Tee
- 895 Sa 10am-11am
Feb. 11 - March 18
Tower Tee
- 896 Sa 8am-9am
April 1 - May 6
Tower Tee
- 898 Sa 11am-12pm
April 1 - May 6
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. Extra fee for balls.
KIDS:710 | \$45
810 Sa 11am-12pm
April 22 - May 13
Big Bend GC

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$69

- M01 Tu 1pm-2pm
Feb. 7 - March 21
- M02 Sa 2pm-3pm
Feb. 4 - March 18

Vetta

Vetta

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

See NTRP Rating Box. Tennis balls provided.

PEDU:733**Four Sessions | \$55**

- M09 Th 7pm-8pm
April 27 - May 18

SH Watson Trails

Six Sessions | \$85

- M06 Su 6pm-7pm
Feb. 5 - March 12
- M07 Su 6pm-7pm
March 26 - May 7
No Class 4/16
- M08 MW 7pm-8pm
May 1 - May 17

Frontenac RC

Frontenac RC

Lake Sch Park/TC

Seven Sessions | \$69

- M03 Su 10am-11am
Jan. 29 - March 19
No Class 2/19

Chesterfield Ath. Club

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$69

- M02 Sa 3:30pm-4:30pm
Feb. 4 - March 18
- M03 Sa 3:30pm-4:30pm
April 1 - May 13

Vetta

Vetta

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735**Six Sessions | \$85**

- M04 Sa 4pm-5pm
Jan. 28 - March 4
- M05 Sa 4pm-5pm
March 18 - April 22

Forest Lake TC

Forest Lake TC

Seven Sessions | \$95

- M06 Tu 2pm-3:30pm
Feb. 7 - March 21
- M07 Th 2pm-3:30pm
March 30 - May 11
- M08 Sa 4:30pm-6pm
April 1 - May 13

Vetta

Vetta

Vetta

Nine Hours | \$89

- M01 Th 8:30pm-10pm
Jan. 12 - Feb. 16
- M02 Th 8:30pm-10pm
March 2 - April 6
- M03 Th 8:30pm-10pm
April 20 - May 25

Woods Mill RC

Woods Mill RC

Woods Mill RC

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

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$95

- M02 Tu 2pm-3:30pm
March 28 - May 9
- M03 Th 2pm-3:30pm
Feb. 2 - March 16
- M04 Sa 4:30pm-6pm
Feb. 4 - March 18
- M05 Sa 2pm-3:30pm
April 1 - May 13
- M01 Tu 1pm-2:30pm
Jan. 31 - March 14

Vetta

Vetta

Vetta

Vetta

Chesterfield Ath. 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**

- M08 Th 5:30pm-6pm
April 27 - May 18

SH Watson Trails

Six Sessions | \$55

- M06 MW 5:30pm-6pm
May 1 - May 17
- M03 Su 5:30pm-6pm
Feb. 5 - March 12

Lake Sch Park/TC

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**

- M09 Th 6pm-7pm
April 27 - May 18

SH Watson Trails

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

- M04 Su 6pm-7pm
Feb. 5 - March 12
- M05 Su 6pm-7pm
March 26 - May 7
No Class 4/16

Frontenac RC

Frontenac RC

Ages 11-15

- M01 Sa 4pm-5pm
Jan. 28 - March 4
- M02 Sa 4pm-5pm
March 18 - April 22
- M07 MW 6pm-7pm
May 1 - May 17

Forest Lake TC

Forest Lake TC

Lake Sch Park/TC

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.

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.

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 three 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, Student Center, 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.



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
Attn: Continuing Education

Please register me for the following course(s):

Course Code	Section	Course Title	Day/Time	Fees
Total				

- Male Senior Citizen?
 Female Yes No

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: _____

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