

Summer 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

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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

800	Th 6pm-7pm	
	June 2 – June 23	Golfport-MH
802	Sa 10am-11am	
	July 9 – July 30	Golfport-MH
810	W 7pm-8pm	
	May 25 – June 15	Big Bend GC
811	M 5pm-6pm	
	June 6 – June 27	Big Bend GC
812	M 6pm-7pm	
	June 6 – June 27	Big Bend GC
813	M 7pm-8pm	
	June 6 – June 27	Big Bend GC
814	M 7pm-8pm	
	July 11 – Aug. 1	Big Bend GC
815	Sa 8am-9am	
	June 4 – June 25	Big Bend GC

Women Only

801	Th 7pm-8pm	
	June 2 – June 23	Golfport-MH

Six Sessions | \$59

890	W 10am-11am	
	May 18 – June 22	Tower Tee
891	W 7pm-8pm	
	May 18 – June 22	Tower Tee
892	Th 7pm-8pm	
	July 7 – Aug. 11	Tower Tee
893	Tu 6pm-7pm	
	July 19 – Aug. 23	Tower Tee
894	Sa 9am-10am	
	May 21 – July 9	Tower Tee
	No Class 5/28, 7/2	
860	M 6pm-7pm	
	June 6 – July 18	Sunset Hills Golf LC
	No Class 7/4	
880	Tu 7pm-8pm	
	May 31 – July 5	The First Tee
881	Sa 10am-11am	
	June 11 – July 23	The First Tee
	No Class 7/2	
871	Th 6pm-7pm	
	July 21 – Aug. 25	Ruth Park GC

12 Sessions | \$109

870	TuTh 11am-12pm	
	July 19 – Aug. 25	Ruth Park GC

Golf: Beginning II

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

PEDU:731

Four Sessions | \$45

800	Th 6pm-7pm	
	July 7 – July 28	Golfport-MH
802	Sa 10am-11am	
	June 4 – June 25	Golfport-MH
810	W 6pm-7pm	
	May 25 – June 15	Big Bend GC
811	W 6pm-7pm	
	June 29 – July 20	Big Bend GC
812	M 5pm-6pm	
	July 11 – Aug. 1	Big Bend GC
813	M 6pm-7pm	
	July 11 – Aug. 1	Big Bend GC
814	Sa 9am-10am	
	June 4 – June 25	Big Bend GC

Women Only

801	Th 7pm-8pm	
	July 7 – July 28	Golfport-MH

Six Sessions | \$59

890	Tu 10am-11am	
	May 31 – July 5	Tower Tee
891	W 10am-11am	
	July 6 – Aug. 10	Tower Tee
892	M 6pm-7pm	
	June 6 – July 18	Tower Tee
	No Class 7/4	
893	Sa 11am-12pm	
	May 21 – July 9	Tower Tee
	No Class 5/28, 7/2	
894	Sa 9am-10am	
	July 16 – Aug. 20	Tower Tee
860	M 7pm-8pm	
	June 6 – July 18	Sunset Hills Golf LC
	No Class 7/4	
861	W 7pm-8pm	
	June 1 – July 6	Sunset Hills Golf LC
880	Tu 6pm-7pm	
	May 31 – July 5	The First Tee
881	Sa 11am-12pm	
	June 11 – July 23	The First Tee
	No Class 7/2	
870	Tu 6pm-7pm	
	July 19 – Aug. 23	Ruth Park GC

New 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! No class 7/2.

PEDU:730 | \$99

820	Sa 10am-11:30am	
	June 4 – July 9	Eagle Springs GC

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	
	June 7 – June 28	Golfport-MH

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

810	W 7pm-8pm	
	June 29 – July 20	Big Bend GC
811	Sa 10am-11am	
	June 4 – June 25	Big Bend GC

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, remainder of classes meet on Sundays). For details contact instructor, (314-434-4715, melklearman@att.net).

PEDU:732 | \$39

V01	Tu 5:30pm-7pm	Melvin Klearman
	May 31	Creve Coeur Mun. Golf
	Su 9am-10am	
	June 5-June 26	Creve Coeur Mun. Golf
V02	Tu 5:30pm-7pm	Melvin Klearman
	July 19	Creve Coeur Mun. Golf
	Su 9am-10am	
	July 24-Aug. 14	Creve Coeur Mun. Golf

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	
	June 13	Eagle Springs GC
821	M 5pm-7:30pm	
	June 27	Eagle Springs GC

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	W 11am-12pm	
	May 18 – June 22	The First Tee
893	Th 6pm-7pm	
	May 19 – June 23	Tower Tee
895	M 7pm-8pm	
	June 6 – July 18	Tower Tee
	No Class 7/4	
897	Tu 7pm-8pm	
	July 19 – Aug. 23	Tower Tee
899	Sa 10am-11am	
	July 16 – Aug. 20	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 | \$59

891	Tu 10am-11am	
	July 19 – Aug. 23	Tower Tee
892	W 6pm-7pm	
	May 18 – June 22	Tower Tee
896	Th 6pm-7pm	
	July 7 – Aug. 11	Tower Tee
898	Sa 10am-11am	
	May 21 – July 9	Tower Tee
	No Class 5/28, 7/2	
880	W 7pm-8pm	
	June 8 – July 13	The First Tee
861	W 6pm-7pm	
	June 1 – July 6	Sunset Hills Golf LC

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

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	
	June 4 – June 25	Big Bend GC

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$59

M01 Tu 1pm-2pm
May 31 – July 5 Vetta Concord

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-12pm
June 11 – June 18 FV - PE, TENNIS

Four Sessions | \$55

550 Tu 6pm-6:55pm
June 28 – July 19 FV - PE, TENNIS

P01 Sa 9am-10am
July 9 – July 30 Kaufman Park

720 MW 6pm-7pm
June 20 – June 29 Ladue Mid. School

M02 Th 7pm-8pm
June 9 – June 30 Sunset Hls Watson Trls

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$59

M01 Th 2:30pm-3:30pm
June 2 – July 7 Vetta Concord

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Four Sessions | \$55

550 Tu 7pm-7:55pm
June 28 – July 19 FV - PE, TENNIS

M03 Sa 4pm-5pm
June 4 – June 25 Forest Lake TC

M04 Sa 4pm-5pm
July 16 – Aug. 6 Forest Lake TC

P01 Sa 10am-11am
July 9 – July 30 Kaufman Park

720 MW 7pm-8pm
June 20 – June 29 Ladue Mid. School

M02 Th 6pm-7pm
June 9 – June 30 Sunset Hls Watson Trls

Six Sessions | \$89

M01 Tu 2pm-3:30pm
May 31 – July 5 Vetta Concord

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

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$89

M02 Th 1pm-2:30pm
June 2 – July 7 Vetta Concord

M01 W 4pm-5:30pm
June 1 – July 6 Vetta Concord

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 | \$35

720 MW 6:30pm-7pm June 20 – June 29
Ladue Mid. School

M01 Th 4:30pm-5pm June 9 – June 30
Sunset Hills Watson Trails

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

Ages 7-10

580 Sa 9am-9:55am June 11 – June 18
FV - PE, TENNIS

Ages 11-15

581 Sa 10am-10:55am June 11 – June 18
FV - PE, TENNIS

Four Sessions | \$55

Ages 7-10

M03 Sa 4pm-5pm June 4 – June 25
Forest Lake TC

M04 Sa 4pm-5pm July 16 – Aug. 6
Forest Lake TC

M02 Th 5pm-6pm June 9 – June 30
Sunset Hills Watson Trails

Ages 11-15

721 MW 7pm-8pm June 20 – June 29
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.



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. No class 7/2.

PEDU:740 | \$49

- M02 Sa 10am-10:55am June 4 – July 16
No Class 7/2
Allyson Duffin/Frank Dalton
Kennedy Rec. Ctr
- M01 Sa 9am-9:55am June 4 – July 16
No Class 7/2
Allyson Duffin/Frank Dalton
Kennedy Rec. Ctr
- M03 M 5:30pm-6:25pm June 6 – July 18
No Class 7/4
Allyson Duffin/Frank Dalton
Kennedy Rec. Ctr
- M04 M 6:30pm-7:25pm June 6 – July 18
No Class 7/4
Allyson Duffin/Frank Dalton
Kennedy Rec. Ctr

Check out other STLCB Continuing Education brochures:

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

Call 314-984-7777 to request more information or to register May 2!

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 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: **STLCB 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 STLCB 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.

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
- Female
- Senior Citizen?
 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
- 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: _____

Expiration Date: _____
CARD NUMBER

Signature: _____