

Fall 2014 Golf and Tennis Classes



Check out Pickleball on page 3!



St. Louis
Community
College

Continuing Education

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

Tennis and Golf

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Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping. Class limit six. Extra fee for balls.

PEDU:730

4 sessions | \$45

800	Th 11am-12pm Aug. 28 – Sept. 18	Rich Manley Golfport-MH
802	Th 7pm-8pm Aug. 28 – Sept. 18	Rich Manley Golfport-MH
803	Sa 10am-11am Sept. 27 – Oct. 18	Rich Manley Golfport-MH
820	Sa 10am-11am Sept. 6 – Sept. 27	Eagle Springs
840	Sa 9am-10am Sept. 6 – Sept. 27	Landings-Spirit Golf Club
810	M 6pm-7pm Sept. 8 – Sept. 29	Big Bend Golf Ctr
811	M 7pm-8pm Oct. 13 – Nov. 3	Big Bend Golf Ctr
812	Sa 10am-11am Sept. 6 – Sept. 27	Big Bend Golf Ctr
813	Su 1pm-2pm Sept. 7 – Sept. 28	Big Bend Golf Ctr

Women only-4 sessions | \$45

801	Th 6pm-7pm Aug. 28 – Sept. 18	Rich Manley Golfport-MH
804	Sa 11am-12pm Sept. 27 – Oct. 18	Rich Manley Golfport-MH

6 sessions | \$59

891	M 6pm-7pm Sept. 8 – Oct. 13	Tower Tee
890	Tu 9am-10am Sept. 9 – Oct. 14	Tower Tee
892	Th 7pm-8pm Sept. 11 – Oct. 16	Tower Tee
893	Sa 11am-12pm Sept. 13 – Oct. 18	Tower Tee
880	Tu 7pm-8pm Sept. 16 – Oct. 21	The First Tee (Mehl)
881	W 6pm-7pm Sept. 17 – Oct. 22	The First Tee (Mehl)
882	Sa 10am-11am Oct. 4 – Nov. 8	The First Tee (Mehl)
872	Tu 6pm-7pm Sept. 9 – Oct. 14	Ruth Park GC
873	Sa 9am-10am Sept. 13 – Oct. 18	Ruth Park GC
860	M 7:15pm-8:15pm Sept. 8 – Oct. 13	Robert Jeep Sunset Hills-Golf Lrn Ctr
861	W 6:15pm-7:15pm Sept. 10 – Oct. 15	Robert Jeep Sunset Hills-Golf Lrn Ctr
862	Sa 10:15am-11:15am Sept. 13 – Oct. 18	Robert Jeep Sunset Hills-Golf Lrn Ctr

Women only-6 sessions | \$59

874	Th 6pm-7pm Sept. 11 – Oct. 16	Ruth Park GC
875	Sa 10am-11am Sept. 13 – Oct. 18	Ruth Park GC
12 sessions \$109		
870	TuTh 11am-12pm Sept. 9 – Oct. 16	Ruth Park GC
871	TuTh 4:30pm-5:30pm Sept. 9 – Oct. 16	Ruth Park GC

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 Sept. 6 – Sept. 27	Big Bend Golf Ctr
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Golf: Beginning II

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

PEDU:731

4 sessions | \$45

801	Th 7pm-8pm Oct. 2 – Oct. 23	Rich Manley Golfport-MH
802	Sa 10am-11am Aug. 30 – Sept. 20	Rich Manley Golfport-MH
840	Tu 5pm-6pm Sept. 2 – Sept. 23	Landings-Spirit Golf Club
811	M 6pm-7pm Oct. 13 – Nov. 3	Big Bend Golf Ctr
810	M 7pm-8pm Sept. 8 – Sept. 29	Big Bend Golf Ctr
812	W 7pm-8pm Oct. 15 – Nov. 5	Big Bend Golf Ctr
813	Sa 9am-10am Oct. 11 – Nov. 1	Big Bend Golf Ctr

Women only-4 sessions | \$45

800	Th 6pm-7pm Oct. 2 – Oct. 23	Rich Manley Golfport-MH
6 sessions \$59		
890	M 7pm-8pm Sept. 8 – Oct. 13	Tower Tee
891	Tu 7pm-8pm Sept. 9 – Oct. 14	Tower Tee
892	W 6pm-7pm Sept. 10 – Oct. 15	Tower Tee
893	Sa 9am-10am Sept. 13 – Oct. 18	Tower Tee

880	Tu 6pm-7pm Sept. 16 – Oct. 21	The First Tee (Mehl)
881	Sa 11am-12pm Oct. 4 – Nov. 8	The First Tee (Mehl)
860	M 6:15pm-7:15pm Sept. 8 – Oct. 13	Robert Jeep Sunset Hills-Golf Lrn Ctr
861	W 7:15pm-8:15pm Sept. 10 – Oct. 15	Robert Jeep Sunset Hills-Golf Lrn Ctr
862	Sa 11:15am-12:15pm Sept. 13 – Oct. 18	Robert Jeep Sunset Hills-Golf Lrn Ctr

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. Extra fee for balls.

PEDU:732 | \$59

890	Tu 10am-11am Sept. 9 – Oct. 14	Tower Tee
892	W 5pm-6pm Sept. 10 – Oct. 15	Tower Tee
894	Th 6pm-7pm Sept. 11 – Oct. 16	Tower Tee
895	Sa 8am-9am Sept. 13 – Oct. 18	Tower Tee

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. Adults 60 and older. Extra fee for balls.

PEDU:732 | \$45

800	Tu 10am-11am Sept. 23 – Oct. 14	Rich Manley Golfport-MH
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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. Extra fee for balls.

PEDU:732

4 sessions | \$45

840	Tu 5pm-6pm Oct. 7 – Oct. 28	Landings-Spirit Golf Club
841	Sa 10am-11am Sept. 6 – Sept. 27	Landings-Spirit Golf Club
6 sessions \$59		
891	W 11am-12pm Sept. 10 – Oct. 15	Tower Tee
893	Th 5pm-6pm Sept. 11 – Oct. 16	Tower Tee
896	Sa 10am-11am Sept. 13 – Oct. 18	Tower Tee

Golf: Parent/Child - 4 Sessions

Parent attends class with a child, ages 7-15. Registration required for each participant. Extra fee for balls.

PEDU:732 | \$45

801	Sa 11am-12pm Aug. 30 – Sept. 20	Rich Manley Golfport-MH
810	W 6pm-7pm Oct. 15 – Nov. 5	Big Bend Golf Ctr
812	Sa 10am-11am Oct. 11 – Nov. 1	Big Bend Golf Ctr
811	Su 12pm-1pm Sept. 7 – Sept. 28	Big Bend Golf Ctr

Playing Golf 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 Sept. 15	Eagle Springs
821	M 5pm-7:30pm Sept. 29	Eagle Springs

Backyard Golf

Golf swings are complex and precise physical acts requiring regular correct practice to master. However, in today's economy, spending time and money at a range or golf course isn't always an option. Learn specific and effective practice drills that you can use in your backyard and home to continue practicing and becoming the best golfer you can be! Class meets at Creve Coeur's Municipal Golf Course 11400 Olde Cabin Rd, 63141 (mandatory first class meets Tuesday, 9/23, with remainder of classes meeting on Sunday, 9/28-10/19 from 9-10am). An optional 2-hole round (\$7) with instructor is available to test what you learn. Golf balls provided for class. Contact instructor (314-434-4715, melklearman@att.net) for details.

PEDU:732 | \$39

V01 Tu 5:30pm-7pm
Sept. 23
Su 9am-10am
Sept. 28-Oct. 19

Melvin Klearman
Creve Coeur Mun. G.C.

Creve Coeur Mun. G.C.

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:733 | \$69

M05 W 2pm-3pm
Sept. 3 - Oct. 15 Vetta
M06 Sa 2:30pm-3:30pm
Sept. 6 - Oct. 18 Vetta
M07 Sa 2:30pm-3:30pm
Oct. 25 - Dec. 13 Vetta
No class 11/29

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

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Outdoor | \$75

M01 Sa 9am-10am
Sept. 13 - Oct. 18 Kaufman Park
M02 Su 1pm-2pm
Sept. 21 - Oct. 26 Sunset Hills Watson Trails

Indoor | \$85

M03 Su 6pm-7pm
Sept. 21 - Oct. 26 Frontenac Racquet Club
M04 Su 6pm-7pm
Nov. 9 - Dec. 14 Frontenac Racquet Club

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

See NTRP rating Box. Tennis balls provided.

PEDU:734 | \$69

M02 Sa 10am-11am
Sept. 28 - Nov. 9 The Club at Chesterfield
M01 M 11am-12pm
Sept. 22 - Nov. 3 The Club at Chesterfield

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:734 | \$69

M04 Tu 10am-11am
Sept. 2 - Oct. 14 Vetta
M05 Tu 10am-11am
Oct. 28 - Dec. 9 Vetta
M06 Sa 3:30pm-4:30pm
Sept. 6 - Oct. 18 Vetta

Tennis: Cardio - Beginning II-Intermediate I (NTRP 2.5-3.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$95

M03 Su 7am-8:30am
Sept. 28 - Nov. 9 The Club at Chesterfield

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

9 hours | \$89

M01 Th 8:30pm-10pm
Aug. 28 - Oct. 2 Woods Mill Racquet Club
M02 Th 8:30pm-10pm
Oct. 16 - Nov. 20 Woods Mill Racquet Club

10.5 hours | \$95

M06 Tu 2pm-3:30pm
Sept. 2 - Oct. 14 Vetta
M07 Tu 2pm-3:30pm
Oct. 28 - Dec. 9 Vetta
M08 Th 2pm-3:30pm
Oct. 9 - Nov. 20 Vetta
M09 Sa 4:30pm-6pm
Sept. 6 - Oct. 18 Vetta
M10 Sa 4:30pm-6pm
Oct. 25 - Dec. 13 Vetta
No class 11/29

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Outdoor | \$75

M05 Sa 10am-11am
Sept. 13 - Oct. 18 Kaufman Park
Indoor | \$85
M03 Sa 4pm-5pm
Sept. 13 - Oct. 18 Forest Lake Tennis Club
M04 Sa 4pm-5pm
Nov. 1 - Dec. 6 Forest Lake Tennis Club

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

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$95

M01 Tu 1pm-2:30pm
Sept. 23 - Nov. 4 The Club at Chesterfield

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.

New Pickleball

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. Already know how to play Pickleball? Just register and come play! All equipment provided; dress appropriately for outdoor court.

PEDU:739 | \$59

M01 Tu 5:30pm-6:30pm
Aug. 26 - Oct. 7
M02 Sa 9am-10am
Sept. 6 - Oct. 18
M03 Sa 10am-11am
Sept. 6 - Oct. 18

Jay Hubert
Kennedy Rec. Ctr
Jay Hubert
Kennedy Rec. Ctr
Jay Hubert
Kennedy Rec. Ctr

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at the Meramec campus at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Notice of Non-Discrimination

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. For information contact:

Corporate College
Lesley English-Abram, Manager, Community Services
STLCC Corporate College, 3221 McKelvey Road, Bridgeton, MO 63044
314-539-5480

Youth Tennis Classes

Tennis for Youth: Pee Wee I - INDOOR

This is a series of group lessons specifically designed to introduce a young child, 4-6 years of age, to the game of tennis. The class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided. Prince rackets available for use in class.

KIDS:709 | \$85

M04 Su 5pm-6pm
Sept. 21 – Oct. 26 Frontenac Racquet Club

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. Ages 7-10. Tennis balls provided.

KIDS:709

Indoor | \$85 Ages 7-10

M01 Sa 4pm-5pm
Sept. 13 – Oct. 18 Forest Lake Tennis Club

M02 Sa 4pm-5pm
Nov. 1 – Dec. 6 Forest Lake Tennis Club

M05 Su 6pm-7pm
Sept. 21 – Oct. 26 Frontenac Racquet Club

M06 Su 6pm-7pm
Nov. 9 – Dec. 14 Frontenac Racquet Club

Ages 11-15

M08 Su 7pm-8pm
Nov. 9 – Dec. 14 Frontenac Racquet Club

M07 Su 7pm-8pm
Sept. 21 – Oct. 26 Frontenac Racquet Club

Outdoor | \$75

Ages 7-15

M03 Sa 11am-12pm
Sept. 13 – Oct. 18 Kaufman Park

Ages 11-15

M09 Su 2pm-3pm
Sept. 21 – Oct. 26 Sunset Hills Watson Trails

Registration begins August 4!

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: _____