

## SPECIAL EVENTS

### Tennis Socials

Annual Club Championship

McCollum Junior Tournament

Michelob Adult Tournament

Missouri Valley Tournaments

Rally for the Cure

USTA Adult, Senior, Mixed and Tri-Level Leagues

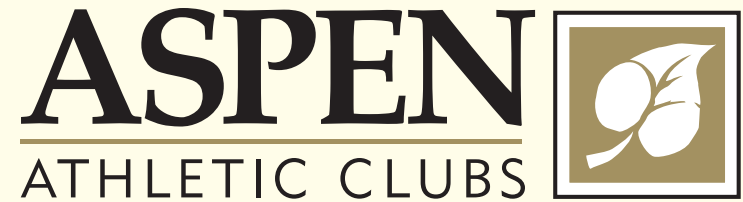
WTT (World Team Tennis)

## ABOUT THE CLUB

Aspen Athletic Clubs also offers the latest in exercise equipment, services, and facilities including:

- 100+ pieces of Cardio Equipment
- State-of-the-art Free Weight area
- Cardio Theater
- Group Fitness Studio
- Spinning
- Yoga
- Body Pump
- SilverSneakers
- Zumba
- Martial Arts/Kickboxing Studio
- Indoor/Outdoor Tennis Courts
- Private Tennis Lessons and Clinics
- Junior Tennis Academy
- Basketball
- Certified Personal Trainers
- Apex Nutrition Center
- Free Child Care
- Massage Therapists
- Large Lounge
- Pro Shop
- Everything You Need, and MORE!

Aspen Athletic Clubs' membership information is available by speaking with any of our Aspen Fitness Consultants.



**IOWA'S LARGEST  
TENNIS FACILITY...  
FEATURING 12 COURTS!**

10930 Hickman Road • Des Moines, IA 50325

**515-278-CLUB**

[www.AspenAthletic.com](http://www.AspenAthletic.com)

# PROFESSIONAL STAFF

## GARY SCHOLL – Director of Tennis USPTA P1

Gary began teaching in 1982 after 18 months on the satellite tour. He was a NCAA Division II All American at Cal State Hayward. Gary coached on the WTA circuit in 1984-85 and was Northern Cal Junior National Coach from 1985-1992. Gary was Wilson Pro of the Year 1986 and USPTA Northern Cal Pro of the Year 1987. USPTA Iowa Pro of the year – 1997. Gary is USPTA 1 and Sports Science Certified.

## KERWIN PIETZ – Head Tennis Professional USPTA

Kerwin is a Midwest Native. He played tennis for the University of South Dakota. He has been teaching at Aspen since 2007. He is USPTA Certified.

## BOB PETERSON – Head Tennis Professional USPTA/PTR

Bob is a native of Des Moines and has been in the tennis circle for a long time. He graduated from Hoover High School, but not before winning 2 State Singles titles. He attended the University of Louisville on an athletic scholarship and was captain of the Cardinals tennis team, which ranked in the top 50. He has been the Director of Tennis at several clubs and has trained and coached several high school state champions and nationally ranked players. Bob has been a USPTA and PTR certified tennis pro for over 25 years.

## DADO PAVIC – Director of Elite Tennis Program

Dado Pavic captained the Drake University Bulldogs Tennis Team to 3 Missouri Valley Tournament Conference Titles and 2 regular season titles. Personally, he was nationally ranked 16th in singles and 17th in doubles. His senior year he was Conference Player of the Year, Regional Mid-American Player of the year and Athlete of the Year at Drake. In 2010, he won 5 rounds at the US Open qualifying tournament and was 1 set away from New York. Dado has been with Aspen since 2009.

## STAFF PROS – Blossom McBride and Ilyse Ball

# ASPEN ACADEMY

**ACES...** (ages 5-10) Beginner with little or no tennis experience. This group will learn all the basic grips, strokes, and footwork. There will be games and drills to emphasize those elements.

Tues., 5:00 - 6:00 pm; Sat., 10:00 - 11:00 am (See Staff for Age Levels)

1 Day/Week..... Member \$52 / Non-member \$76  
2 Days/Week ..... Member \$104 / Non-member \$152

**PEE WEES\*...** (ages 3-6) The focus is on hitting tennis balls, motor skill development, group socialization skills and exercise.

Tues., 5:00 - 6:00 pm; Sat., 10:00 - 11:00 am

1 Day/Week..... Member \$40 / Non-member \$64  
2 Days/Week ..... Member \$80 / Non-member \$128

## CAMPS...

- Holiday Camp – TBA
- Spring Break Camp – March 19-23
- Summer Camps – TBA
- Novice Tournaments – TBA

### SESSION SCHEDULE

All sessions are 4 weeks.

- Session 1 ..... Aug. 22 - Sept. 4 (Prorated 2 weeks)
- Session 2 ..... Sept. 5 - Oct. 2
- Session 3 ..... Oct. 3 - Oct. 30
- Session 4 ..... Oct. 31 - Nov. 27
- Session 5 ..... Nov. 28 - Dec. 23
- Session 6 ..... Jan. 2 - Jan. 29
- Session 7 ..... Jan. 30 - Feb. 26
- Session 8 ..... Feb. 27 - Apr. 1 (No class week of March 19-23)
- Session 9 ..... Apr. 2 - Apr. 29
- Session 10 ..... Apr. 30 - May 27

\* We will be using the USTA QuikStart programming for PeeWees and Aces. For more information go to [www.quickstarttennis.com](http://www.quickstarttennis.com)

See our website for any revisions or additions.

# ASPEN ACADEMY

**ELITE...** For Missouri Valley and Iowa Tournament players or High School Varsity players with prior pro approval. Focus in on advanced stroke production with match play strategies. All players work off a periodization schedule based on the Missouri Valley and Iowa Tournament schedule and High School season. Players will be designated Elite A or B by Elite Academy Director.

Mon. & Wed., 4:00 - 6:00 pm; Sat., 1:00 - 3:00 pm

1 Day/Week ..... Member \$104 / Non-member \$128  
 2 Days/Week ..... Member \$208 / Non-member \$256  
 3 Days/Week ..... Member \$312 / Non-member \$384

**HIGH SCHOOL CLINIC...** Thurs. & Sun., 4:30 - 6:00 pm

1 Day/Week ..... Member \$78 / Non-member \$102  
 2 Days/Week ..... Member \$156 / Non-member \$204  
 Walk-In Rate ..... Member \$20 / Non-member \$26

**FUTURES...** (ages 8 and up) For Juniors with little or no consistent playing skills. This group will rally and play points with scoring. A strong emphasis is placed on stroke mechanics and consistency. Singles and doubles strategy and positioning will be introduced as well as good court manners and sportsmanship.

Tues. & Thurs., 4:30 - 6:00 pm; Sat., 11:00 - 12:30 pm

1 Day/Week ..... Member \$78 / Non-member \$102  
 2 Days/Week ..... Member \$156 / Non-member \$204  
 3 Days/Week ..... Member \$234 / Non-member \$306

## SAMPLE LESSON PLAN

15 Minutes ..... Warm-up  
 5 Minutes ..... Running/Stretching  
 40 Minutes ..... Baseline Drills  
 20 Minutes ..... Volleys/Overheads  
 15 Minutes ..... Serves/Return of Serves  
 25 Minutes ..... Simulated Match Play for Singles/Doubles

# PRIVATE LESSONS

## Packages

**SUPREME** ..... 10 Lessons ..... **\$48** per hour  
**SINGLE** ..... 1 Lesson ..... **\$55** per hour

Gary Scholl – Director of Tennis – gscholl@aspenathletic.com  
 Kerwin Pietz – Head Tennis Professional – kpietz@aspenathletic.com  
 Bob Peterson – Head Tennis Professional – bpeterson@aspenathletic.com  
 Dado Pavic – Director of Elite Tennis Program – dpavic@aspenathletic.com

## INDOOR COURT RATES

**Aspen Athletic Clubs** offers a 36-week Fall/Winter season.

Courts are available on a permanent or random basis. Permanent court time information and request forms are available at the Front Desk.

### Monday through Thursday

6:00 - 9:00 am ..... \$12/hour  
 9:00 am - Noon ..... \$22/hour  
 Noon - 4:30 pm ..... \$17/hour  
 4:30 - 9:00 pm ..... \$27/hour  
 9:00 - 10:30 pm ..... \$17/hour

### Saturday

7:30 - 9:00 ..... \$17/hour  
 9:00 - 6:00 pm ..... \$27/hour  
 6:00 - 9:00 pm ..... \$17/hour

### Friday

6:00 - 9:00 am ..... \$12/hour  
 9:00 am - Noon ..... \$22/hour  
 Noon - 10:00 pm ..... \$17/hour

### Sunday

7:30 - 9:00 ..... \$17/hour  
 9:00 - 6:00 pm ..... \$27/hour  
 6:00 - 9:00 pm ..... \$17/hour

## Summer Rates

Indoor Courts: \$10/court  
 (Morning Club, Tennis Unlimited, and Season Court holders are exempt).  
 Air-Conditioned Bubble: \$10/hour (Tennis Unlimited members are exempt).  
 Summer Rates valid outside of 36-week Fall/Winter Season.

# TENNIS OPTIONS

September 10th through May 18th

## Winter

Monday -  
Thursday ..... 5:00 am - 10:30 pm  
Friday ..... 5:00 am - 9:00 pm  
Saturday &  
Sunday ..... 7:15 am - 9:00 pm

## Junior Membership

Available for children 17 and under  
Cost: \$249/year  
Not all tennis fees included

## Tennis Unlimited (TU)

Unlimited open court time for the 52-week season available at one low rate. Begins September 9th.

Single ..... \$475  
Couple ..... \$675  
Family ..... \$800

- TU does not guarantee court time.
- TU will be charged for unused reservations.
- You may not book 2 consecutive prime time courts on same day.

## Summer

Monday -  
Thursday ..... 5:00 am - 10:00 pm  
Friday ..... 5:00 am - 7:00 pm  
Saturday &  
Sunday ..... 7:15 am - 6:00 pm

## Morning Club

Unlimited open court time between 6:00 - 9:00 am, Monday through Friday at one low rate of \$200. (\$5.56/week).

## Ball Machine

\$10 per hour (plus court costs).  
\$80 – 10 time Punchcard  
\$200/Year Unlimited Usage  
(Ball Machine not included with Tennis Unlimited.)

## Tennis Guest Fee

\$6 per visit. Valid for Clinics & Lessons Only.  
\$9 per visit with Aspen member.  
Valid for Hourly Court time.  
\$12 per visit without member.  
Valid for Hourly Court time.  
\$18 per visit. Valid for Leagues/Season Courts.

# ADULT CLINICS/LEAGUES

## ADULT CLINICS

Adult clinics are available on a varying schedule throughout the season. See website for any changes or additions.

Tuesday .....	9:00 am - 10:30 am	Women	3.5+/-
Thursday .....	9:00 am - 10:30 am	Coed	Beginner
Monday .....	6:00 pm - 7:30 pm	Coed	3.5+/-
Wednesday* .....	7:00 pm - 8:30 pm	Coed	Beginner
Thursday* .....	6:00 pm - 7:30 pm	Coed	Novice

\*Advanced Sign-up Required.

All Clinics are \$15 per hour or \$20 for 1.5 hours.

Friday ..... Noon Cardio Tennis  
Sunday ..... Noon Cardio Tennis  
\$10 per time or 10 times for \$85.

## ADULT LEAGUES

\$29 League Fee Required (prizes and balls included), plus Court Time.  
\$39 Prime Time (4:30 - 9:00 pm) League Fee Required (prizes and balls included), plus Court Time.

### PDL (Progressive League Sessions):

**Session I ..... September 7 - November 18**  
**Session II ..... November 30 - March 23**  
**Session III ..... March 28 - May 31**

Working Women's PDL ..... Tuesdays, 6:00 - 7:30 pm  
Women's Progressive Doubles ..... Wednesdays, 10:30 am - Noon  
Women's Progressive Doubles ..... Fridays, 10:30 am - Noon  
Men's Progressive Doubles ..... Thursdays, 9:00 - 10:30 pm

### All Other Leagues:

**Session I ..... October 3 - December 4**  
**Session II ..... January 2 - March 12**  
**Session III ..... March 26 - May 21**

Men's Singles 4.0+/- ..... Saturdays, 7:30 - 9:00 am  
Women's Singles 4.0+/- ..... Thursdays, 12:00 - 1:30 pm  
Mixed Doubles 8.0+/- ..... TBD

Times and days subject to change.

## USTA LEAGUES

Men's and Women's 2.5-5.0	Senior Mixed 6.5, 7.5, 8.5
Mixed Doubles 7.0, 8.0, 9.0	Senior USTA 3.0-4.0
World Team Tennis	Super Seniors 7.0, 8.0, 9.0
Tri-Level	

