



# Eugene Swim and Tennis Club Summer 2024





# Junior Tennis Camps

Come spend the day at ESTC! Whether your child is just picking up a racket for the first time or aiming for competitive success, our camps cater to all skill levels. Led by experienced tennis professionals, our camps focus on developing essential skills through a blend of drills, games, and match play.

Our campers not only enhance their technique but also learn valuable lessons in sportsmanship, teamwork, and perseverance.

Lunch is provided.

## Daily Schedule

*Full Day Camp*

*10:30 - 11:00 AM - Warm-up*

*11:00 - 12:30 PM - Tennis Drills*

*12:30 - 1:00 PM - Lunch Break*

*1:00 - 2:00 PM - Pool and Games*

*2:00 - 3:30 PM - Match Play*

*(Half-day campers leave at 1:00 PM)*

## Session Dates

June 17-21

June 24-28

July 8-12

July 15-19

July 22-26

July 29-August 2

August 5-9

August 19-23





# Junior Tennis Camps

## **Tournament Competition**

Advanced High Performance

Monday - Friday 10:30 AM - 4:00 PM

\$450 Member / \$550 Non-Member

## **Future Aces**

Red Ball, Orange Ball & Green Dot

*Full Day*

Monday - Friday 10:30 AM - 3:30 PM

\$400 Member / \$500 Non-Member

*Half Day*

Monday - Friday 10:30 AM - 1:00 PM

\$225 Member / \$300 Non-Member

## **Middle School / High School Class**

Developmental Class

Tuesday and Thursday 3:30 - 5:00 PM

\$75 Members / \$100 Non-Member





# Swim Lessons

We offer private, semi-private and group lessons

## Private Lessons

All ages and levels. Please schedule your lesson with our Head Lifeguard Brianna or contact the front desk.

\$45 per 30 minutes (private)

\$60 per 30 minutes (semi-private)

## Group Lessons

All classes will maintain a 5-to-1 ratio

Weekly Sessions

Monday - Thursday

June 17 - August 15

\$55 per week



## Skill Level/Class Description

- Preschool: Ages 2-4 with no previous instruction
- Beginner 1: Ages 5 & up with no previous instruction
- Beginner 2: Ages 5 & up with beginner arm stroke, can swim 10 feet unaided
- Beginner 3: Refinement of arm stroke and breathing coordination. Introduction to other strokes. Can swim the width of the pool unaided
- Advanced Beginner: Any age able to swim one length of the pool. Refinement of strokes, building endurance and introduction to breaststroke.







## Swim Team

A great opportunity for Junior members to participate on a recreational swim team. No prior competitive experience is necessary. Participants must be able to swim the crawl stroke one length of the pool. Practices emphasize building endurance and skill refinement in a team environment.

Ages: 6 - 18 years

Monday through Thursday

June 17 - August 15

Fee: \$250

*Includes team t-shirt*



## Water Fitness Classes

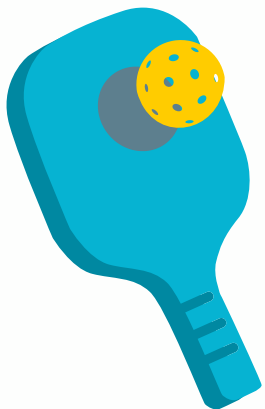
An ESTC summertime favorite! This is a deep water, full body workout. Meets poolside. There are a limited number of flotation belts available for member use (those who attend regularly may want to consider purchasing their own).

Don't forget your hat, shades, and sunscreen!

Monday, Wednesday and Friday 8:30-9:30 AM

Saturday 9:45 - 10:45 AM





# Pickleball

ESTC has Pickleball! We have 4 Indoor courts and 5 Outdoor courts that are ready to be reserved rain or shine. Whether you're a seasoned pro or a curious beginner, there's a court waiting for you! Make a reservation online, through the app, or at the front desk.

*The single dedicated Pickleball court can be reserved ANYTIME!!*

## Advanced Reservation Court Times

### Indoor

*Monday - Friday*

6:00 AM - 9:30 AM

12:30 PM - 2:00 PM

8:00 PM - Close

*Saturday and Sunday*

7:00 AM - 9:30 AM

### Outdoor

*Monday - Friday*

9:30 AM - 11:00 AM

3:30 PM - 5:00 PM

8:00 PM - Close

*Saturday and Sunday*

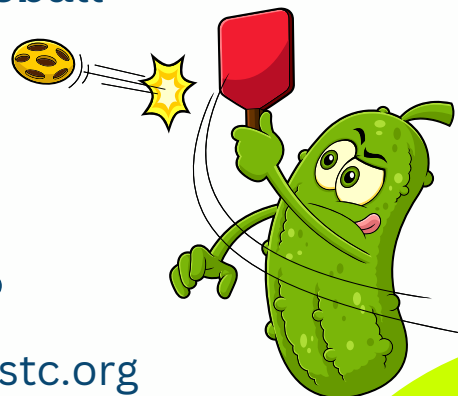
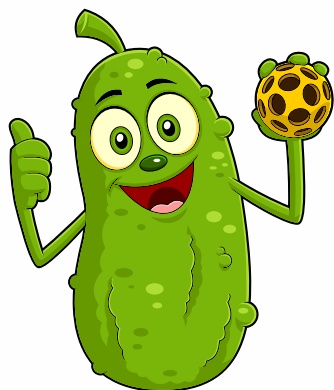
3:30 PM - 5:00 PM

## Drop-in Member Pickleball

Friday - Sunday

5:00 PM - Close

Courts 4 & 5



## Need a lesson?

Contact Eric Wold [ericw@estc.org](mailto:ericw@estc.org)

Private lessons starting at \$70/hr.





# Adult Programming

## Sunday

*Point Play-Courts 9-11 4pm-5pm - Free*

## Monday

*Senior Funday- Courts 1-3 12:30pm-2:00pm - Free*

*Monday Cardio- Courts 9-11 6:30pm-7:30pm - \$15*

*Bump- Courts 1-4 6:30pm-8pm - Free*

## Tuesday

*Cardio Tennis- Courts 1 & 2*

*9:30am-10:30am - \$15*

*Live Ball- Courts 1-3*

*6:30pm-7:30pm - \$15*

## Wednesday

*Rhythm & Drills- Courts 9-11*

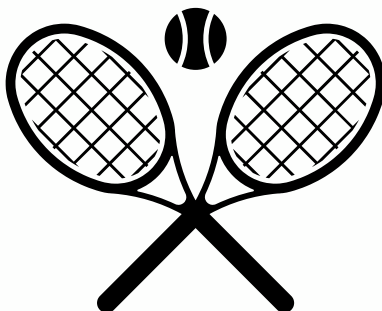
*6:30pm-7:30pm - Free*

## Friday, Saturday and Sunday

*Pickleball Drop-in*

*Courts 4 & 5*

*5pm-close - Free*





# Summer Tennis Events

***June 17 thru August 23*** - Junior Tennis Camps

***June 21 & 22*** - Adult Tennis Camps

***June 29 thru July 1*** - USTA Level 2 Boy's 12's & 14's

***July 11*** - Mixed Round Robin 7.0-7.5

***July 25*** - Mixed Round Robin 8.0-8.5

***August 2 thru 4*** - USTA Level 5 Open

***August 8*** - Mixed Round Robin

***August 15 thru 18*** - Eugene Open presented by Morgan Stanley

***August 17 & 18*** - Junior Club Championship Playoffs

***August 22*** - Mixed Round Robin 6.0-6.5

***August 23*** - ESTC Summer Party

***September 9*** - Fall Junior Programming

***September 27 thru 29*** - UTR Fall Tournament





# Facility Reservations

Dive into summer fun with a birthday party at ESTC! Perfect for soaking up the sun and making a splash, our facility offers the ultimate setting for a memorable celebration.

All party reservations include lifeguards, the covered pavilion, refrigeration, and reduced guest fees! The total party cost will be determined by the total number of guests attending and total party length. If the party is longer than 3 hours, full guest fees will be applied. We are unable to accommodate parties larger than 50 people. Party must be reserved 2 weeks in advance to receive group party rates.

Additional reservation options during your party include:

Tennis Courts

Pickleball Courts

Private server w/ keg of your choice\*

No additional fees for reserving courts

\*Server is \$25 per hour + cost of keg

Pavilion 3 hour time slot = \$75

Guest fee per person = \$7.50

## Reserve at the Front Desk!



# Child Care

Kids Corner is available for children ages 6 months to 7 years. Parents must remain on the premises during the time of care.

## Hours of Operation

Monday - Friday 8:00 am - 12:30 pm



## Rates\*

1 hour - \$5 per child

1.5 hours - \$7.50 per child

*\*Complimentary for year round family memberships*



## Reservation Policy

Members must call the front desk to make a reservation. Reservations may be made up to 7 days in advance. Walk-ins can be taken if the ratio is below 4:1. No shows will be charged for the time reserved.

## Snacks

Simple snacks are provided for the children. However, please feel free to bring a snack or drink for your child.

## Diapers & Potty Training

Please bring your child to Kid's Corner in a clean diaper or after a recent restroom visit. If your child is potty training, please dress them in Pull-ups or plastic pants







# Fitness Programming

## Group Fitness

Stay fit this summer with our group fitness classes! All classes are included with your membership.



**Strength Training** - Mon/Wed/Sat

**Cardio/Metabolic Training** - Tue/Thu

**Barre** - Thu/Fri

**Yoga** - Mon/Tue/Wed/Thu/Sat



See the Weekly Schedule for class times and descriptions

Daily Calendar for a synopsis of each day's Strength, Cardio and Barre classes

## Personal Training

Getting started, or re-started on your fitness journey? Could you use some help with where to begin in the weight room? Contact ACE-Certified Personal trainer Kristin Hoss for a free consultation to see if personal training is right for you!

Contact Kristin: [kristinh@estc.org](mailto:kristinh@estc.org)





# EUGENE OPEN

PRESENTED BY: MORGAN STANLEY



**Eugene  
Swim & Tennis  
Club**



2024

**AUGUST 15-18**

FEE REGISTRATION

**SINGLES \$80**

**DOUBLES \$40**

**TOURNAMENT DIRECTOR**

**CALLE HANSSEN**

**818-239-6961**

SCAN FOR REGISTRATION



DRAWS:

**MEN'S OPEN**

**WOMEN'S OPEN**

**MIXED OPEN**

**PRIZE MONEY**

**\$10,000**

SPONSORS:

Morgan Stanley



ESTC.ORG