



Summer 2025 Program Guide





Junior Tennis Camps

Come spend the day at ESTC! Whether your child is 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

High Performance

8:00 - 11:00 AM - *Fitness and Drills*

11:00 - 11:15 AM - *Snack Break*

11:15 - 12:30 PM - *Match Play*

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

Daily Schedule

Future Aces

10:45 - 12:30 PM - *Drills, Instructions, Games*

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

Half Day Leaves

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

2:00 - 3:30 PM - *Drill, Instructions, Games*

Session Dates

June 16-20

June 23-27

July 7-10*

July 14-18

July 21-25

July 28-August 1

August 4-7*

August 18-22

(*4 Day Weeks)





Junior Tennis Camps

High Performance

Monday - Friday 8:00 AM - 1:00 PM

\$450 Member / \$550 Non-Member

Future Aces

Red Ball, Orange Ball & Green Dot

Full Day

Monday - Friday 10:45 AM - 3:30 PM

\$400 Member / \$500 Non-Member

Half Day

Monday - Friday 10:45 AM - 1:00 PM

\$225 Member / \$300 Non-Member

How to Register:

-Front Desk or
Online!



estc.org/tennis-2





Swim Lessons

Private/Semi Private Lessons

Available for members of all ages and levels

Monday - Friday 12 PM - 6 PM

Saturday and Sunday 10 AM - 2 PM

Contact the front desk to schedule!

\$45 per 30 minutes (private)

\$60 per 30 minutes (semi-private)

How to Register:

-Front Desk or
scan this QR
code



Group Lessons

All classes maintain a 5-to-1 ratio

- Preschool: 12:00-12:30pm Ages 2-4 with no previous instruction
- Beginner 1: 11:30-12:00pm Ages 5 & up with no previous instruction
- Beginner 2: 11:30-12:00pm Ages 5 & up with beginner arm stroke, can swim 10 feet unaided
- Beginner 3: 11:00-11:30am Refinement of arm stroke and breathing coordination. Introduction to other strokes. Can swim the width of the pool unaided
- Advanced Beginner: 11:00-11:30am Any age able to swim one length of the pool. Refinement of strokes, building endurance and introduction to breaststroke.

Weekly Sessions:

Monday - Thursday

June 23 - August 14

\$55/week



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 23 - August 15

Fee: \$265

Includes team t-shirt and swim cap

How to Register:

-Contact the front desk or register in app

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!

How to Register:

-Drop in only, no registration required

Tuesday and Thursday 8:30-9:30 AM

Saturday 9:45 - 10:45 AM

Additional classes may be added dependent on instructor availability





Adult Tennis Programming

Sunday

Point Play

4pm-5pm - Free

Monday

Kickstart 2.0

5pm-6:30pm - \$40/mo.

Bump

6:30pm-8pm - Free

Tuesday

Cardio Tennis

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

Live Ball

5:30pm-6:30pm - \$15

Wednesday

Rhythm & Drills

6:30pm-7:30pm - Free

Thursday

Cardio Tennis

5:30pm - 6:30pm

Saturday

Kickstart and Drills

8:30am - 10am

Live Ball

11am - 12pm - \$15

How to Register:

-Contact the
front desk or
register in app



Summer Tennis Events

June 16 thru August 22 - Junior Tennis Camps

July 10 - August 24 - Mixed Doubles Flex League 4.0-9.0+

July 11 - 13 - USTA PNW Sectionals 18 and Over Mixed Doubles

August 8 - 10 - USTA Boys Level 5 Junior Tournament

August 14 - 17 - Eugene Open

September 6 - November 17 - USTA League 55+ Begins

September 9 - Junior Programming Begins

September 14 - Parent/Child Tournament

September 26 - 28 - One Weekend League 18+ Mixed





Pickleball

ESTC has a number of indoor and outdoor pickleball. 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.

Advanced Reservation Court Times (Indoor)

Monday - Friday

6:00 AM - 9:30 AM

12:30 PM - 3:30 PM

8:00 PM - Close

Saturday and Sunday

7:00 AM - 9:30 AM

5:00 PM - 8:00 PM

The single dedicated Outdoor Pickleball court can be reserved anytime. Outdoor courts 5 & 6 can be reserved anytime they are open same day or after 5pm the day before through the front desk.

Need a lesson?

Contact Eric Wold ericw@estc.org

Private lessons starting at \$70/hr.





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 Dick Black 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

How to Register:

-Contact the front desk or scan this code



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

How to Register:

-Contact the front desk



Fitness Programming

Group Fitness

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



Focused Strength - Mon & Wed @ 6am; Sat @ 8:30am

Full Body Strength - Tue & Thu @ 5:15pm

Cardio Conditioning - Tue & Thu 6am & 9am

Gentle Yoga - Mon & Wed @ 8am

Flow Yoga - Mon & Wed @ 10am; Sat @ 9:30am

Barre Fit - Mon & Wed @ 5:15; Fri @ 6am & 9am

Water Aerobics - Tue & Thu @ 8:30am; Sat @ 9:45am

See the Weekly Schedule for class descriptions

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

How to Register:

-Drop in only, no registration required

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



EUGENE OPEN



**TOURNAMENT DIRECTOR
CALLE HANSSEN
818-239-6961**

2025



AUGUST 14-17

DIVISIONS:

3.0, 3.5, 4.0 & OPEN

**PRIZE MONEY FOR OPEN
DIVISIONS**

Corporate Sponsorship Opportunities:

At Eugene Swim and Tennis Club, we believe in the power of community—and we know that local businesses like yours are at the heart of it.

We're currently gearing up for The Eugene Open along with the rest of our summer events, and we're inviting local businesses to join us as Sponsors.

In return, we'll proudly spotlight your support through our social media, event banners, in house media, and more! You'll not only help us reach our goal—you'll be showing your commitment to the community we all share.

Every contribution, big or small, brings us one step closer to a stronger, more connected community.

✉ Interested in partnering with us? Reach out today
chriskramer@estc.org

Thank you for being a vital part of what makes our community thrive. ❤️



Stay tuned for more information on the Circle of 50! Support the event and enjoy access to special meals, the VIP viewing tent, and more!



**Eugene
Swim & Tennis
Club**