

SUMMER AT ESTC



JOIN US FOR AN EXCITING SUMMER FULL
OF FUN ACTIVITIES!



**EUGENE SWIM &
TENNIS CLUB**





JUNIOR TENNIS CAMPS: MASTER YOUR SERVE

JOIN US AT ESTC FOR A TENNIS DAY SUITABLE FOR ALL SKILL LEVELS, LED BY EXPERIENCED PROFESSIONALS. ACTIVITIES FOCUS ON SKILL DEVELOPMENT THROUGH DRILLS, GAMES, AND MATCH PLAY, EMPHASIZING SPORTSMANSHIP, TEAMWORK, AND PERSEVERANCE. LUNCH IS INCLUDED.

DAILY SCHEDULE

HIGH PERFORMANCE

9:30 – 12:30 PM – TENNIS DRILLS & FITNESS

12:30 – 1:15 PM – SNACK BREAK

1:30 – 3:30 PM – MATCH PLAY

FUTURE ACES

10:45 – 12:30 PM – DRILLS, INSTRUCTION, 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, INSTRUCTION, GAMES

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COST

HIGH PERFORMANCE

MONDAY – FRIDAY 9:30 AM – 3:30 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



SWIM LESSONS: MAKE A SPLASH

OUR SWIM LESSONS ARE DESIGNED TO HELP CHILDREN GAIN CONFIDENCE AND MASTER ESSENTIAL SKILLS IN THE WATER!

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)

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GROUP LESSONS

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

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WEEKLY SESSIONS

MONDAY – THURSDAY

JUNE 22 – AUGUST 13

\$55/WEEK



SWIM TEAM & WATER FITNESS CLASSES

GET IN THE POOL WITH OUR JUNIOR SWIM TEAM FOR PRACTICE AND COMPETITION, OR JOIN AN ESTC SUMMER FAVORITE WITH WATER FITNESS!

SWIM TEAM

AGES: 6 – 18 YEARS

MONDAY THROUGH THURSDAY

9:30–10:30 AM

JUNE 22 – AUGUST 13

\$275

INCLUDES A TEAM T-SHIRT AND SWIM CAP

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WATER FITNESS CLASSES

TUESDAY AND THURSDAY 8:30 – 9:30 AM

SATURDAY 9:00 – 10:00 AM

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STAFFED LIFEGUARD TIMES

MONDAY – FRIDAY 12:30 – 9:00 PM

SATURDAY – SUNDAY 12:00 – 8:00 PM

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POOL/DECK HOURS

POOL AND DECK CLOSE 1 HOUR PRIOR TO CLUB CLOSING



ADULT TENNIS PROGRAMMING

WEEKLY ADULT TENNIS CLINICS THAT GIVE ALL LEVELS OF PLAY A CHANCE TO GET ON COURT WITH OUR TEACHING PROFESSIONALS AND MEET NEW PEOPLE.

SUMMER TENNIS CLINCS

SUNDAY

FOOTWORK FUNDAMENTALS

11AM-12PM - \$15

POINT PLAY

4PM-5PM - FREE

MONDAY

BUMP

6:30PM-8PM - FREE

TUESDAY

*CARDIO TENNIS**

8:30AM-9:30AM - \$15

*LIVE BALL**

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

WEDNESDAY

RHYTHM & DRILLS

6:30PM-7:30PM - FREE

THURSDAY

DOUBLE TROUBLE

9:30AM-11AM - \$20

DOUBLES INTRO

11AM-12PM - \$15

*4.0+ HIGH PERFORMANCE**

5:30PM-7PM - \$20

SATURDAY

KICKSTART AND DRILLS

8:30AM - 10AM - \$15

LIVE BALL

11AM - 12PM - \$15

**SUMMER HOURS BEGIN THE WEEK OF JUNE 15*



SUMMER EVENTS

EVENTS HAPPEN AT ESTC ALL SUMMER LONG. WHETHER IT IS GREAT TENNIS COMPETITION OR FRIDAY EVENING TRIVIA CALLING YOUR NAME, FUN IN THE SUN IS COMING TO THE CLUB!

JUNIOR TENNIS CAMPS

JUNE 15-AUGUST 22

DINGLES TOURNAMENT

JUNE 20

USTA PNW SECTIONALS 55 AND OVER

JUNE 26-28

USTA SOUTHERN OREGON 40+ MIXED DOUBLES OWL

JULY 24-26

MIXED DOUBLES FLEX LEAGUE 4.0-9.0+

JULY 10-AUGUST 24

USTA JUNIOR LEVEL 7 TOURNAMENT

AUGUST 1

EUGENE OPEN

AUGUST 13-16

USTA LEAGUE 55+ BEGINS

SEPTEMBER 6-NOVEMBER 17

FALL JUNIOR PROGRAMMING BEGINS

SEPTEMBER 8

USTA JUNIOR GIRLS LEVEL 5 TOURNAMENT

SEPTEMBER 18-20

ONE WEEKEND LEAGUE 18+ MIXED

SEPTEMBER 25 - 27

TRIVIA NEARLY EVERY FRIDAY NIGHT!

KEEP AN EYE OUT FOR MOVIE NIGHTS BY THE POOL, TOO!



PICKLEBALL

ESTC OFFERS INDOOR AND OUTDOOR PICKLEBALL COURTS FOR ALL SKILL LEVELS. RESERVATIONS CAN BE MADE ONLINE, VIA THE APP, OR AT THE FRONT DESK.

PICKLEBALL TIMES

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

6:30 AM – 9:30 AM

5:00 PM – 9:00 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.*

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LESSONS

STARTING AT \$70/HR

GROUP AND PRIVATE LESSONS AVAILABLE

CONTACT THE FRONT DESK



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.

FACILITY RESERVATIONS

RESERVATIONS INCLUDE LIFEGUARDS, THE DICK BLACK PAVILION, REFRIGERATION, PARTIES UP TO 50 PEOPLE AND REDUCED GUEST FEES.

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

COST

PAVILION 3 HOUR TIME SLOT = \$100

GUEST FEE PER PERSON = \$10



CHILD CARE

KIDS CORNER IS AVAILABLE FOR CHILDREN AGES 6 MONTHS TO 7 YEARS WITH MISS BECKY AND HER STAFF. PARENTS MUST REMAIN ON THE PREMISES DURING THE TIME OF CARE.

CHILD 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*



FITNESS PROGRAMMING

STAY FIT THIS SUMMER WITH OUR GROUP FITNESS CLASSES! ALL CLASSES ARE INCLUDED WITH YOUR MEMBERSHIP. PERSONAL TRAINING IS ALSO AVAILABLE.

GROUP FITNESS

GROUP POWER

MONDAY 6AM // 9AM

WEDNESDAY 6AM // 9AM // 5:15PM

SATURDAY 8:30AM

FULL BODY STRENGTH AND CONDITIONING

TUESDAY AND THURSDAY 5:15PM

CARDIO HIIT

TUESDAY 6AM // 9AM

CARDIO ENDURANCE

THURSDAY 6AM // 9AM

GENTLE YOGA

MONDAY AND WEDNESDAY 8AM

FLOW YOGA

TUESDAY AND THURSDAY 10AM

SATURDAY 9:40AM

BARRE FIT

MONDAY 5:15PM

FRIDAY 6AM // 9AM

WATER FITNESS

TUESDAY AND THURSDAY 8:30AM

SATURDAY 9:00AM

SEE OUR WEBSITE FOR FULL CLASS DESCRIPTIONS

JOIN US THIS SUMMER!

SUMMER HOURS

MONDAY-FRIDAY 6:00 AM – 10:00 PM
SATURDAY-SUNDAY 6:30 AM – 9:00 PM
BEGINNING JUNE 15

FOR INQUIRIES, CALL OR TEXT US AT
541-342-4414
ESTC.ORG

WHERE FRIENDS
MEET FOR TENNIS,
FUN AND FITNESS

