

The  
**Libertyville**  
Club



The  
**Lincolnshire**  
Club

# *summer programs*

**The Libertyville Club**  
1030 S 4th Ave  
Libertyville, IL 60048  
**847.362.5553**  
[libertyvilleclub.com](http://libertyvilleclub.com)

**The Lincolnshire Club**  
96 Elm Road  
Lincolnshire, IL 60069  
**847.913.2000**  
[thelincolnshireclub.com](http://thelincolnshireclub.com)

## *junior tennis programs*

Let our experienced tennis professionals help plan your child's tennis success. We focus on fun while building technical and competitive skills and encouraging social interaction. Your child benefits from personalized attention where his or her strengths and goals are maximized.

*p. 4-11*

## *adult tennis programs*

Tennis—The Sport of a Lifetime—is a fun and healthy activity that will benefit you at any age. Let our experienced tennis professionals help plan the development pathway to your tennis success.

*p. 12-13*

## *personal training*

Our certified personal trainers are committed to helping you meet your fitness goals.

*p. 14-15*



## *summer session*

***Jun 5–  
Aug 11***

*no classes July 4*

## *group exercise*

Our classes are designed to increase strength, flexibility, and cardiovascular endurance.

*p. 16-18*

### ● RED BALL PRE-ACADEMY (ages 3-6)

**(Formerly Quickstart Levels 1 & 2)** Players in this class will work on their motor skills, athletic development, agility, balance, and hand-eye coordination. Players participate in drills in a fun and friendly environment on a 36' court. Racquet skills are introduced along with the concept of cooperative drills.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 4-5PM	\$198 / \$243	MON 5-6PM	\$330 / \$360
THU 4-5PM	\$220 / \$270	WED 5-6PM	\$330 / \$360
SAT 9-10AM	\$198 / \$243	SAT 10-11AM	\$297 / \$324

### ● ORANGE BALL PRE-ACADEMY (ages 7-8)

**(Formerly Quickstart Level 3)** This class is formatted around footwork and technique based drills on a 60' court. Rally skills, cooperative drills, point play, and fitness are implemented into the class time.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 5-6PM	\$297 / \$324	MON 5-6PM	\$330 / \$360
THU 5-6PM	\$330 / \$360	WED 5-6PM	\$330 / \$360
SAT 11-12PM	\$297 / \$324	SAT 10-11AM	\$297 / \$324

### ● GREEN DOT PRE-ACADEMY (ages 9-10)

**(Formerly Quickstart Level 4)** Players at this level graduate to a full 78' court. Rally skills, cooperative drills, point play, and fitness are emphasized.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 5-6PM	\$297 / \$324	TUE 5-6PM	\$297 / \$324
THU 5-6PM	\$330 / \$360	THU 5-6PM	\$330 / \$360
SAT 11-12PM	\$297 / \$324	SAT 10-11AM	\$297 / \$324

### ● JUNIOR HIGH (ages 11-13)

**(Formerly Junior Development)** An excellent program for 11-13 year-olds who are just starting tennis. Emphasis will be placed on form and control. Students will be introduced to volleys, serves and ground strokes.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 5-6PM	\$297 / \$324	TUE 5-6PM	\$297 / \$324
THU 5-6PM	\$330 / \$360	THU 5-6PM	\$330 / \$360
SAT 11-12PM	\$297 / \$324	SAT 10-11AM	\$297 / \$324

### ● A RED BALL ACADEMY (ages 6-8, by invitation)

Players work on their swing schematics and their court footwork via rally based drills on a 36' court. Rally play, co-op drills, and point play are emphasized, as well as athletic development through fitness drills.

LINCOLNSHIRE	MEMBER / NON
MON 5-6PM	\$330 / \$360
WED 5-6PM	\$330 / \$360

### ● A ORANGE BALL ACADEMY (ages 8-11, by invitation)

**(Formerly Quickstart Academy)** Players in this class are expected to have basic technique, footwork, and be self-motivated. Advanced point play scenarios, technique concepts, and strategy are introduced to the players on a 60' court.

This class is meant to prepare kids for USTA Orange Ball Tournaments.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
TUE 4-5:30PM	\$446 / \$486	TUE 6-7:30PM	\$446 / \$486
THU 4-5:30PM	\$495 / \$540	THU 6-7:30PM	\$495 / \$540

### ● A GREEN DOT ACADEMY (ages 9-12, by invitation)

**(Formerly Junior Development Invitational)** Players in this class will possess full court rally skills, more advanced footwork, and an understanding of the game.

Players are expected to have good endurance and focus.

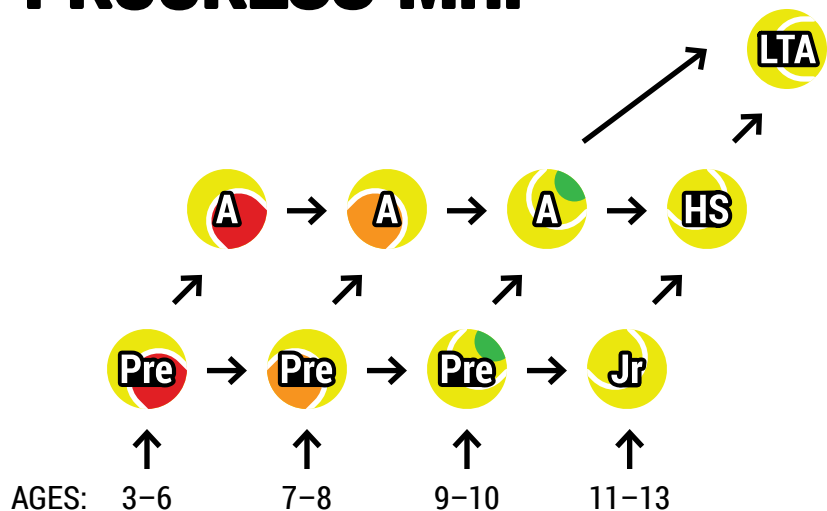
LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
MON 4-5:30PM	\$495 / \$540	MON 6-7:30PM	\$495 / \$540
WED 4-5:30PM	\$495 / \$540	WED 6-7:30PM	\$495 / \$540
		SAT 11-12:30PM	\$446 / \$486

### ● HIGH SCHOOL

**(Formerly Match Prep/High School)** This program is designed for Juniors playing in local tournaments or on their high school team. This program strengthens basic skills needed for district level competition with emphasis on high school team tennis.

LIBERTYVILLE	LINCOLNSHIRE	MEMBER / NON
MON-THU 4-6PM	TUE 6-7:30PM	\$446 / \$486
COUPON (6) \$360	THU 6-7:30PM	\$495 / \$540
COUPON (12) \$672	SAT 12:30-2PM	\$446 / \$486

# junior tennis PROGRESS MAP



## high school team tennis SUMMER LEAGUE 2017 @ the Libertyville Club

opening night  
TUESDAY JUNE 13  
first match day!

**\$255/player**  
register thru  
MAY 15, 2017

match days  
JUNE 17, 24  
JULY 8, 15, 22

practice days  
JUNE 13, 20, 27  
JULY 11, 18



## The Great Lakes Fencing Academy

at the Libertyville Club

The Great Lakes Fencing Academy is a fencing club serving youth and young adult fencers. We offer fencing programs in epee, foil, and saber.

The Great Lakes Fencing Academy is also the official home of the Championship Libertyville and Vernon Hills High School fencing team, during the off season.

For more information on fencing programs or starting dates, contact The Libertyville Club 847 362 5553

**Beginner Fencing**  
THURSDAY 7:30-8:30PM (*saber*)  
FRIDAY 5:00-7:00PM

**Junior Advanced**  
SATURDAY 11AM-1PM

**High School Fencing**  
SATURDAY 1PM-3PM

**Open Fencing Practice**  
WEDNESDAY 7:00-9:00PM

**Tactical Training**  
MONDAY 6:30-8:30PM (*saber*)  
7:30-9:30PM (*saber*)  
TUESDAY 6:30-8:30PM (*foil*)  
6:30-8:30PM (*saber*)  
7:30-9:30PM (*saber*)

# tennis academy SUMMER CAMPS

JUN 5–AUG 11

NO CAMP JULY 4



full day  
**9am–4pm**

12–1pm lunch  
*bring own*

half day  
**9am–12pm  
or 1–4pm**

daily schedule

**9–12pm @ VHAC**

9–10am fitness  
10am–12pm tennis drills

**12–1pm** lunch/transport\*

**1–4pm @ Libertyville**  
drills, point & match play

**1–4pm @ Lincolnshire**  
match play & team coaching

\*transportation from Vernon Hills Athletic Complex  
to either club is included in the full day rate

LTA is a challenging full-service program offering on-court instruction, match play sessions, tournament scheduling, tournament coaching, fitness, and much more. Work with the LTA Coaching Staff and players to advance your game, improve your fitness, and increase endurance to deliver the results you want.

Players are pushed to their mental and physical limits to prepare for the most extreme match conditions.

For more information or for an evaluation,

contact Andrea Harvey 847 913 2000

[andrea.harvey@club-net.com](mailto:andrea.harvey@club-net.com)

FULL DAY: 9AM–4PM

	MEMBER / NON
PER DAY	\$159 / \$166
10 DAYS	\$1,400 / \$1,500
20 DAYS	\$2,615 / \$2,755
30 DAYS	\$3,713 / \$3,923
40 DAYS	\$4,670 / \$4,950

HALF DAY: 9AM–12PM OR 1–4PM

	MEMBER / NON
PER DAY	\$98 / \$101
10 DAYS	\$750 / \$780
20 DAYS	\$1,400 / \$1,460

# junior tennis SUMMER CAMPS

JUN 5–AUG 11

NO CAMP JULY 4

@ The Libertyville Club

Full Day

**9am–3pm**

12–12:30pm lunch  
bring own

Half Day

**9am–12pm  
or 12–3pm**

@ The Lincolnshire Club

Full Day

**9am–4pm**

12–1pm lunch  
bring own

Half Day

**9am–12pm  
or 1–4pm**

## LIBERTYVILLE TENNIS & SWIM CAMP (ages 5–12)

This camp focuses on the fundamentals necessary for our campers to grow into confident and proficient tennis players. Our camp combines a talented year-round Tennis Professional teaching staff and the Quick Start method of tennis instruction which enables your child to have an enjoyable and comprehensive learning experience. Our goal is to facilitate fun, friendship, technique and skill development in an engaging environment. Supervised open, fun swim time will occur daily only during the afternoon session (weather permitting). Full Day campers should bring a lunch and a swimsuit. Snacks will be provided.

FULL DAY: 9AM–3PM

FULL DAY	MEMBER / NON
PER DAY	\$132 / \$138
PER WEEK	\$600 / \$630
2 WEEKS	\$960 / \$1,020

HALF DAY: 9AM–12PM OR 12–3PM

HALF DAY	MEMBER / NON
PER DAY	\$78 / \$81
PER WEEK	\$330 / \$345
2 WEEKS	\$600 / \$630

## LINCOLNSHIRE TENNIS PLUS CAMP (ages 5–12)

Players will begin each day with Tennis instruction, drills, games, and a snack. Stay in the afternoon for more practice on court and cross-training activities (soccer, basketball, fitness, table tennis, and active games) to enhance their tennis game! This camp is perfect for beginners to advanced players.

FULL DAY: 9AM–4PM

FULL DAY	MEMBER / NON
PER DAY	\$132 / \$138
PER WEEK	\$600 / \$630
2 WEEKS	\$960 / \$1,020

HALF DAY: 9AM–12PM OR 1–4PM

HALF DAY	MEMBER / NON
PER DAY	\$78 / \$81
PER WEEK	\$330 / \$345
2 WEEKS	\$600 / \$630

**NEW! extended camp 4–6pm**  
ask for details at registration

## TENNIS 123 *(introductory tennis)*

An introductory tennis program for those who have never played tennis and have a desire to learn to play.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
WED 6-7PM	\$300 / \$360	MON 7:30-8:30PM	\$300 / \$360
THU 9-10AM	\$300 / \$360	SAT 9-10AM	\$270 / \$324
THU 6-7PM	\$300 / \$360		

## TENNIS 456 *(introductory tennis)*

An introductory program for those who have played tennis but haven't picked up a racket in years or have advanced beyond Tennis 123.

LIBERTYVILLE	MEMBER / NON	LINCOLNSHIRE	MEMBER / NON
MON 6-7:30PM	\$450 / \$540	WED 7:30-9PM	\$450 / \$540
THU 10-11:30AM	\$450 / \$540	SUN 9-10:30AM	\$405 / \$486
THU 7-8:30PM	\$450 / \$540		

## ORGANIZED PRACTICE

This program is for men and women rated 2.5 to 3.5. It is a fast-paced learning experience drill group with each session highlighting new shots as well as reviewing the "bread and butter" shots.

LIBERTYVILLE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
TUE 7-9PM	\$50	\$45	\$270

## SHOT OF THE WEEK

This program is for men and women rated 3.0 to 4.5. In fast-paced drills, the class will focus on a specific tennis shot and explain how and when to use it in play.

LIBERTYVILLE	PER TIME RATE
WED 1:30-3PM	\$39

**summer session**

**Jun 5–Aug 11**

**no classes July 4**

## MEN'S INVITATIONAL

Spend the afternoon playing tennis with the area's top players! The Men's Invitational group was created for players at the 4.0+ level to participate in an organized daytime play group featuring play baseline games, serve/volley, etc.

LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (10)
TUE 12-2PM	\$33	\$28	\$280

## MEN'S DRILLS

Our longest running program for men! Come see why the guys love Thursday nights! Play tennis then hang around for pizza and sodas (*Libertyville Club only*).

LIBERTYVILLE	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
THU 7-9PM	\$50	\$45	\$270
LINCOLNSHIRE	PER TIME RATE	COUPON RATE	COUPON BOOK (10)
TUE 7-9PM	\$50	\$45	\$270

## WOMEN'S TRAVEL TEAM DRILLS

Both The Libertyville Club and the Lincolnshire Club field women's doubles teams that participate in the Chicago Indoor Tennis Association (CITA). These teams participate in weekly practices/matches (EOW) both home and away.

LIBERTYVILLE	DAY TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
WOMEN'S 4.5	TUE 9-11AM	\$50	\$45	\$270
WOMEN'S 3.5	MON 9-11AM	\$50	\$45	\$270
WOMEN'S OPEN	TUE 9-11AM	\$50	\$45	\$270

LINCOLNSHIRE	DAY TIME	PER TIME RATE	COUPON RATE	COUPON BOOK (6)
<b>OPEN DRILLS</b>				
WOMEN'S 4.5	MON 10AM-12PM	\$50	\$45	\$270
WOMEN'S 3.5	TUE 9:30-11:30AM	\$50	\$45	\$270

### FOX VALLEY LEAGUE MATCHES

B TEAM	THU 10AM-12PM	-	-	-
C TEAM	WED 10AM-12PM	-	-	-

Our mission is to provide you with an efficient, customized program that is based on your fitness goals, needs, and abilities. Our certified personal trainers are committed to offering the highest level of service, individual guidance, and motivation to keep you on track and focused.

## Superior Training Services— raising the bar for fitness training

Our trainers will help you:

- Address your current health and fitness concerns
- Learn proper technique and form to reduce the risk of injury
- Maximize your workout to fit your schedule
- Improve your fitness level
- Enhance your overall health and wellness
- Get the results you've always wanted

**GETTING STARTED:** The initial consultation with a certified personal trainer consists of gathering baseline information about you. This includes your health history questionnaire as well as evaluations of your strength, flexibility, and endurance. These evaluations, combined with your specific goals, will be used to effectively organize your personalized fitness program.

### Everyone can benefit from personal training

**ADULTS & SENIORS:** We can accommodate the needs of individuals ages 18–80 with general weight loss and fitness needs using a combination of exercise equipment. For those age 55 and up, we will assist with general weight loss, fitness needs, and age-related health concerns.

**CHILDREN & TEENS:** Our programs are designed especially for kids, to improve their cardiovascular fitness, sport performance, overall strength, and flexibility. The concepts of these programs are based on current research conducted by the American Academy of Pediatrics in childhood and adolescent care.

**ATHLETES:** Services are available for athletes of all ages and sports. Our training is specially designed to increase speed, strength, agility and endurance. We have programs for our junior tennis members that take place on-court to improve tennis-specific movements. We work to improve athletic performance for all sports while decreasing the risk of injury by balancing out muscle strength and enhancing core stability.

**PARTNER/SMALL GROUP TRAINING:** Another great option! It's always great having a friend around! So why not team together with a friend or two to push, challenge, and motivate each other. Your Personal Trainer will be there to guide you all the way.

To set up an initial consultation,  
contact Angie Daurer 847 362 5553

[angie.daurer@club-net.com](mailto:angie.daurer@club-net.com)



**GO!fitness** classes offer a friendly and welcoming environment that encourages member participation. Our certified instructors teach safe, well-cued classes designed to increase strength, improve flexibility or challenge cardiovascular endurance. **Experience a class today!**

## **fight**

Group Fight is an explosive cardio workout fueled by MMA. You are your own opponent in this high-energy experience that borrows training styles from mixed martial arts, kickboxing, Muay Thai, karate, functional athletic training, and more!

AVAILABLE AT: LIBERTYVILLE

## **CENTERGY**

Group Centergy® will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. Group Centergy® is for everyone and can be done as often as you like.

AVAILABLE AT: LIBERTYVILLE

## **CORE**

Group Core® trains you like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform. To get great results, participate in Group Core® one to three times per week, with a rest day between classes.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

## **R30**

R30® will get you fitter and feeling better in only 30 minutes. It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. You have the ability control the intensity of your own workout, making it a great class for everyone.

AVAILABLE AT: LIBERTYVILLE

## **RIDE**

If you want to improve your cardiovascular fitness, burn calories, burn fat, shape and strengthen your lower body, and have fun doing it, then Group Ride® is for you. It's a 60-minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains, and sprint to the finish! Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

AVAILABLE AT: LIBERTYVILLE

## **GO!fitBOOTCAMP**

A 60-minute high intensity, results-oriented conditioning program to develop functional conditioning. Each session trains the entire body with body weight movements. Mono-structural cardiovascular activity, dumbbells, resistance, medicine balls and agility tools utilize cross fit training.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

## **POWER**

Group Power® will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, Group Power® combines squats, lunges, presses, and curls with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Group Power® is for just about everyone and is designed to be done two to three times per week.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

## **ZUMBA**

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Each Zumba® class is a total workout, combining all elements of fitness—cardio, muscle conditioning, balance, and flexibility. Zumba® is perfect for everybody and every body!

AVAILABLE AT: LINCOLNSHIRE

***call or visit [go-fitnessnow.com](http://go-fitnessnow.com)  
for class days & times***



# the libertyville club

Located near downtown Libertyville, The Libertyville Club has six indoor tennis courts, four outdoor courts, a fully stocked pro shop, a playroom, and a state of the art fitness facility with group exercise classes. We offer full-service locker rooms, including towel service, with steam rooms.

1030 S 4th Ave  
Libertyville, IL 60048  
847.362.5553  
libertyvilleclub.com

**SUMMER HOURS:**  
**MON-FRI** 5:30AM-10PM  
**SAT** 6AM-7PM / **SUN** 6AM-3PM



# the lincolnshire club

Located in a convenient location off of Half Day Road, The Lincolnshire Club offers five indoor hard courts, four outdoor clay courts, and a fitness center with group exercise classes. We offer full-service locker rooms, including towel service, with saunas.

96 Elm Road  
Lincolnshire, IL 60069  
847.913.2000  
thelincolnshireclub.com

**SUMMER HOURS:**  
**MON-THU** 5:30AM-9PM  
**FRI** 5:30AM-6PM  
**SAT-SUN** 6AM-3PM

**GO!fitness** is a proud partner of the Silver Sneakers® program. Our community is active, welcoming, and fun. Our classes are designed for all abilities and varying experience levels. **Are you in?**

## GO!Silver complete

This class is for members who are new to fitness, pregnant, recovering from an injury, or a saucy senior. Try this low-impact class that gives you a total body workout, incorporating tubing and mat work. The emphasis is on fun and being fit.

AVAILABLE AT: LIBERTYVILLE LINCOLNSHIRE

## GO!Silver balance

If you like Go!Silver complete, you'll love Go!Silver balance. The focus of this class is to improve your balance, flexibility, and mobility. We also incorporate some hand-eye coordination to keep you quick for whatever life throws your way.

AVAILABLE AT: LIBERTYVILLE

## GO!Silver circuit

This class incorporates low-impact moves to help build coordination, flexibility, and balance, along with a strength training section using balls, bands, and light weights to help increase muscle endurance and build bone density. The class ends with abdominal and core work followed by a final stretch so you feel rejuvenated and ready for your day.

AVAILABLE AT: LIBERTYVILLE

*call or visit go-fitnessnow.com  
for class days & times*