



*Five tennis facilities for all
of your tennis needs!*

Indoor Tennis

Belong to one ... play at two!

Frontenac Racquet Club

The largest indoor club in St. Louis, featuring 15 pros, a Free Ball Machine and programming from morning to night.

Woodsmill Tennis Club

Our sister club is our newest addition. Since 1972, this 8 court indoor facility has provided an unparalleled tennis and service experience.

Outdoor Tennis

Clay or hard courts!

The Highlands Golf and Tennis

A public/private partnership featuring outdoor clay courts, a restaurant and all the tennis you can play.

Clayton Shaw Park

In the heart of Clayton, The Shaw Park facility features 10 outdoor hard courts, programs for adults and kids, and a cardio workout for all.

Racquets and Fashion

Everything for the court!

Forever Tennis

A retail store conveniently located at Lindbergh and highway 64. From racquets and restringing to shoes and apparel ... we've got it all!



**Adult
Programs
2018-2019**

Frontenac Racquet Club

Fun | Friends | Fitness

10455 German Boulevard
St. Louis, MO 63131



The Sweet Spot for St. Louis Tennis

Programs for Women

8-week Kickstart | \$120

Learn to play the fun way, or grab a refresher. Ask Jen about flexible hours.

Monday 1:00 pm - 2:30 pm
Wednesday 10:30 am - 11:30 am
Friday 1:00 pm - 2:30 pm
Saturday 3:30 pm - 4:30 pm
Saturday 4:30 pm - 5:30 pm
Sign up: jen@frontenactennis.com

● Drop-in Drills | \$42

Lots of exercise and FUN as we focus on the basics: strokes, where to be and why to be there.

Monday 1:00 pm - 2:30 pm
Sign up: chrisw@frontenactennis.com
Wednesday 11:30 am - 1:00 pm
Sign up: terry@mfrontenactennis.com
Friday 10:00 am - 11:30 am
Sign up: clark@frc-tennis.com

● Working Women's Drills | \$42

The perfect way to end the day.

Wednesday 8:30 pm - 10:00 pm
Thursday 6:30 pm - 8:00 pm
Sign up: terry@mfrontenactennis.com

Programs for Men

● Men's Drills and Doubles | \$42

Strokes, strategy, offense, defense and more.

Wednesday 8:30 pm - 10:00 pm
Sign up: terry@mfrontenactennis.com
Saturday 7:30 am - 9:00 am
Sign up: chetan@frc-tennis.com

● Men's Hit 'n Run Drills | \$42

Pound away the Monday stress. Get moving. Work on your game.

Mondays 6:00 pm - 7:30 pm
Sign up: stefan@frctennis.com

Class Pass Options

\$42 each | \$310 ten

Valid for Programs marked with "●"
Additional classes \$30 each!

Fun For All

Pickleball

FRC has 4 pickleball courts available for play, lessons and classes. A full schedule is available with John Callahan.
Sign up: callahantennis@gmail.com

Dawn Patrol | \$230

Play up to six mornings a week for one low price!

Session 1 Sept 4 - Jan 6
Session 2 Jan 7 - May 13

Interclub Matches | \$18

Competitive doubles against area clubs.

Women: Friday 11:30 am - 1:00 pm
Sign up: carli@frctennis.com
Men: Saturdays 1:30 pm - 3:00 pm
Sign up: chetan@frc-tennis.com

● Interclub Practice | \$42

Run. Drill. Hit. Play. Win. Red/Blue level; must play Interclub.
Tuesday 12:00 pm - 1:30 pm
Sign up: carli@frctennis.com

Complimentary ball machine

FREE ball machine in the Training Center during select hours.

Need childcare?

Available weekdays 9:00 am - 12:00 pm.

Matches for Women

Play with the Pro | \$38

Three women and a Pro pound away the stress. Lots of strategy, great competition.

Wednesdays 1:00 pm - 2:30 pm
Sign up: jen@frontenactennis.com

Singles | \$22

Great exercise, great strategy, great fun.

Tuesdays 1:30 pm - 2:30 pm
Sign up: rachel@frctennis.com

Fun Doubles | \$18

A brisk game with other players at your level.

Monday 7:30 pm - 9:00 pm
Friday 1:00 pm - 2:30 pm
Saturday 10:30 am - 12:00 pm
Sign up: penny@frontenactennis.com

Cardio Tennis | \$22

No instruction- just a cardio workout you won't find at any gym.

Monday 6:00 am - 7:00 am
Wednesday 6:00 am - 7:00 am
Friday 6:00 am - 7:00 am
Friday 9:00 am - 10:00 am
Saturday 9:00 am - 10:00 am
Sunday 9:00 am - 10:00 am
Sign up: clark@frc-tennis.com

Matches for Men

Singles | \$22

Match skills and wits with a player at your level.

Monday 9:00 pm - 10:30 pm
Sign up: chrisb@frc-tennis.com

Play with the Pro | \$38

The ultimate power lunch – three and a Pro.

Thursdays 11:30 am - 1:00 pm
Sign up: mark@frctennis.com

Fun Doubles | \$18

A brisk game with other players at your level.

Monday 7:30 pm - 9:00 pm
Saturday 10:30 am - 12:00 pm
Sign up: penny@frontenactennis.com



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St. Louis, MO 63131



The Sweet Spot for St. Louis Tennis



Frontenac
Racquet Club

Junior Programs
2018-2019

Instruction | Competition | Fun
314.991.5599 | www.frontenactennis.com

Junior Philosophy

Small groups centered around positive instruction. Good strokes with proper grips are reinforced with good fun. We have a friendly staff who loves working with juniors.

Junior Membership Fees

(Unless part of a FRC family membership.)

One player	\$210
Two players	\$295
Three or more	\$420

Clinic Sessions

Participants in early session clinics have priority for later sessions.

Session 1	Sept 4 - Oct 28
Session 2	Oct 29 - Dec 23 (off Nov 22-24)
Session 3	Jan 7 - Mar 3
Session 4	Mar 4 - May 5 (off March 18-24)

* All clinics are 8 weeks.

Weekend Activities

Ladder matches	\$25/ea	n/a
Ball-machine drills	\$30/ea	\$200/ten weeks
Tournament practice	\$40/ea	\$300/ten weeks

Top Guns Instructional

More than 300 juniors call Frontenac their tennis home. On the court, it's all about the strokes ... developing them early to help prevent injuries as games grow over time. All season long, it's about fun – with level-appropriate matches, weekend parties, novice events and more.

Instructional Clinics | \$248

Monday	4:30 pm - 5:30 pm	6 - 9 yrs
Tuesday	4:30 pm - 5:30 pm	6 - 9 yrs
Wednesday	4:30 pm - 5:30 pm	9 - 12 yrs
Thursday	4:00 pm - 5:00 pm	9 - 12 yrs
Thursday	5:00 pm - 6:00 pm	G 13+ yrs
Friday	4:00 pm - 5:00 pm	B 13+ yrs
Saturday	4:30 pm - 5:30 pm	6 - 9 yrs

Top Guns Competition

The Top Guns Competition program is for any player who would like to compete in local and regional tournaments, play high school and even college tennis. Players are required to play at least three days a week, play in local tournaments, and actively work on improving their games in a serious and focused manner.

Competition Clinics

Choose the sessions that work best for you. Two to three days a week are ideal.

Monday	7:30 pm - 9:00 pm	14-17 yrs
Tuesday	6:00 pm - 7:30 pm	11-14 yrs
	7:30 pm - 9:00 pm	14-17 yrs
Wednesday	6:00 pm - 7:30 pm	11-14 yrs
	7:30 pm - 9:00 pm	14-17 yrs
Thursday	6:00 pm - 7:30 pm	11-14 yrs
	7:30 pm - 9:00 pm	14-17 yrs

Weekday Clinics

One class/week	\$336
Two class/week	\$672
Three classes/week	\$1008

Practice

FRC-Tots Classes | \$176

Tuesday	4:45 pm - 5:30 pm	4-6 yrs
Saturday	4:45 pm - 5:30 pm	4-6 yrs

Ball-Machine Drills | \$30 each | \$200 ten

Strokes, fitness and fun, under the watchful eye of Chris Biesterfeld.

Saturday	12:00 pm - 1:00 pm	7-13 yrs
	1:00 pm - 2:00 pm	7-13 yrs
	3:00 pm - 4:00 pm	14-17 yrs
	4:00 pm - 5:00 pm	14-17 yrs

Please contact Chris Ward to register for any Junior Program

chrisw@frontenactennis.com

Tournament Practice | \$40 each | \$300 ten

Match-play practice.

Sunday	2:00 pm - 3:30 pm	8-11 yrs
	3:30 pm - 5:00 pm	14-17 yrs

Ladder Matches | \$25

An hour of singles with scores reported to the pro.

Saturday	12:00 pm - 1:00 pm	11-14 yrs
Sunday	1:00 pm - 2:00 pm	14-17 yrs