

# 2010 Drill and Clinics Schedule

## Monday

7:00 AM-11:30 AM .....Lessons & Open Play  
11:30 AM-12:30 PM .....Children's Clinic (Ages 6-11)  
1:00 PM- 5:00 PM .....Lessons & Open Play  
5:00 PM-6:30 PM .....Adult Intermediate/Advanced Clinic  
6:30 PM-8:00 PM .....Open Play

## Tuesday

8:00 AM-9:00 AM .....Cardio Tennis  
10:00 AM-11:30 AM .....Adult Intermediate/Advanced  
11:30 AM-1:00 PM .....Junior Clinic (Ages 12-16)  
1:30 PM-3:00 PM .....Adult Beginner/Intermediate Clinic  
1:00 PM-5:00 PM .....Lessons & Open Play  
5:00 PM-6:30 PM .....Adult Intermediate/Advanced Clinic  
6:30 PM-8:00 PM .....Open Daily

## Wednesday

7:00 AM-10:00 AM .....Lessons & Open Play  
10:00 AM-11:30 AM .....Adult Intermediate/Advanced Clinic  
11:30 AM-12:30 PM .....Children's Clinic (Ages 6-11)  
1:00 PM-8:00 PM .....Lessons & Open Play

## Thursday

8:00 AM-9:00 PM .....Cardio Tennis  
10:00 AM-11:30 AM .....Adult Intermediate/Advanced Clinic  
11:30 AM-1:00 PM .....Junior Clinic (Ages 12-16)  
1:00 PM-5:00 PM .....Lessons & Open Play  
5:00 PM-6:30 PM .....Adult/Intermediate Clinic  
6:30 PM-8:00 PM .....Open Play/Advanced

## Friday

7:00 AM-10:00 AM .....Lessons & Open Play  
10:00 AM-11:30 AM .....Adult/Intermediate Clinic/Advanced  
11:30 AM-12:30 PM .....Children's Clinic (Ages 6-11)  
1:00 PM-5:00 PM .....Lessons & Open Play  
5:00 PM-6:30 PM .....Adult Intermediate/Advanced Clinic  
6:30 PM-8:00 PM .....Open Play

## Saturday

7:30 AM-10:00 AM .....Lessons & Open Play  
10:00 AM-11:30 AM .....Adult Intermediate Clinic  
11:30 AM-6:00 PM .....Lessons & Open Play

## Sunday

7:30 AM-6:00 PM .....Open Play & Lessons by Assistants

\*Schedule to change

# *Pine Island*

## RACQUET & FITNESS CENTER



### Pine Island Racquet & Fitness Center

290 Audubon Drive, Corolla, NC 27927

(252)453-8525 | Fax (252)453-6023

[www.thesanderling.com](http://www.thesanderling.com)  
[pineislandrc@charterinternet.com](mailto:pineislandrc@charterinternet.com)

**OPEN TO THE PUBLIC!**

# *Fitness Center*

## JUNE – AUGUST

7am – 8pm Weekdays / 7:30am – 6pm Weekends

## SEPTEMBER – MAY

8am – 8pm Weekdays / 8am – 5pm Weekends

## FITNESS CENTER NON-MEMBERS FEES

Per person – \$20/day, \$60/week

Per couple – \$30/day, \$90/week

Per family – \$45/day, \$125/week

## MONTHLY MEMBERSHIP FEES

\$100/Joining fee (one time fee)

\$35/per Month

\$25/per Month for additional person in the family

## YEARLY MEMBERSHIP FEES

Individual Year Round Resident \$400

Family (up to 5) Year Round Residents \$500

Individual Part Time Resident \$250

Couples Fee Year Round \$350

Family (up to 5) Part Time Residents \$375

Call for customized options

## SANDERLING/HAMPTON INN GUESTS

Fitness – Complimentary for Sanderling Guests

\$10/day; \$30/week for Hampton Inn Guests

Tennis – 25% off court fees





Available for birthday parties, call for details.

## 2010 Tennis Rates

PTR Head Pro ~ Rick Ostlund

PTR Pro ~ Kent Autrey

Indoor Air Conditioned/Heated Plexicushion

\$32/Hour

Outdoor Har-Tru (avail. May-November)

\$28/Hour

### LESSONS

Private Lesson . . . . .	\$64
Assistants . . . . .	\$56
Semi-Private (2-4 Players) . . . . .	\$68 (split)
Groups (5 or more) . . . . .	\$50 (+ court fee)

### DRILLS AND CLINICS

Adults & Juniors (90 minutes) . . . . .	\$20
Children (60 minutes) . . . . .	\$15

### OUR FACILITY

- Ball Machine Rental
- Videotape Stroke Analysis Session
- Radar Gun
- Player Referral
- Racquet Stringing
- Locker Room with Shower Facilities
- Observation Deck

### PINE ISLAND PRO SHOP

Featuring the finest lines of racquets, shoes, clothing and accessories, including names like Prince, Head, Wilson, Thorlo, Adidas & Nike to name a few.