

2010 Drill and Clinics Schedule

Monday

7:00 AM-11:30 AMLessons & Open Play
11:30 AM-12:30 PMChildren's Clinic (Ages 6-11)
1:00 PM- 5:00 PMLessons & Open Play
5:00 PM-6:30 PMAdult Intermediate/Advanced Clinic
6:30 PM-8:00 PMOpen Play

Tuesday

8:00 AM-9:00 AMCardio Tennis
10:00 AM-11:30 AMAdult Intermediate/Advanced
11:30 AM-1:00 PMJunior Clinic (Ages 12-16)
1:30 PM-3:00 PMAdult Beginner/Intermediate Clinic
1:00 PM-5:00 PMLessons & Open Play
5:00 PM-6:30 PMAdult Intermediate/Advanced Clinic
6:30 PM-8:00 PMOpen Daily

Wednesday

7:00 AM-10:00 AMLessons & Open Play
10:00 AM-11:30 AMAdult Intermediate/Advanced Clinic
11:30 AM-12:30 PMChildren's Clinic (Ages 6-11)
1:00 PM-8:00 PMLessons & Open Play

Thursday

8:00 AM-9:00 PMCardio Tennis
10:00 AM-11:30 AMAdult Intermediate/Advanced Clinic
11:30 AM-1:00 PMJunior Clinic (Ages 12-16)
1:00 PM-5:00 PMLessons & Open Play
5:00 PM-6:30 PMAdult/Intermediate Clinic
6:30 PM-8:00 PMOpen Play/Advanced

Friday

7:00 AM-10:00 AMLessons & Open Play
10:00 AM-11:30 AMAdult/Intermediate Clinic/Advanced
11:30 AM-12:30 PMChildren's Clinic (Ages 6-11)
1:00 PM-5:00 PMLessons & Open Play
5:00 PM-6:30 PMAdult Intermediate/Advanced Clinic
6:30 PM-8:00 PMOpen Play

Saturday

7:30 AM-10:00 AMLessons & Open Play
10:00 AM-11:30 AMAdult Intermediate Clinic
11:30 AM-6:00 PMLessons & Open Play

Sunday

7:30 AM-6:00 PMOpen 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
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.