

# Eastside's Pro Shop is Now Here

**You can't miss it - it's right in the lobby!**

**All ETF Members receive HUGE DISCOUNTS!!**

◆ **Wilson and Prince racquets, overgrips, racquet bags**

**Ask at the front desk to try a demo racquet.**

◆ **Tennis/Fitness clothing, ETF merchandise**

◆ **Paddles and balls for paddle tennis**

◆ **Children's racquets**

◆ **Tennis shoes**

**We price  
match ANY  
item!**

**clothing bins  
everything  
\$10**



## USTA Mixed Doubles/Singles Teams Forming for Winter Session



### Mixed Doubles Teams

- **3 courts (6 players) per match**
- **Team levels are 6.0, 7.0, 8.0 & 9.0**  
Combo rating system, i.e. on a 6.0 team, partners for a match cannot exceed the Team level. Two 3.5's can play together but *not* a 4.0 and 3.5.
- **Match play begins late January**

### Singles Teams

- **Singles players must compete at *exactly* their level, e.g. a 3.0 player can play *only* on a 3.0 team .**
- **Singles levels are 3.0, 3.5, 4.0, 4.5**
- **Match play begins late January**

**Please consider captaining a team. Captains play free at all home matches.**

**Call Sara at 313.886.2944 or email [saraeastside@gmail.com](mailto:saraeastside@gmail.com)  
to find a team(s) for you!**

## Court Time Specials

- **Walk-on Time - M, W, Th. 2 - 4 pm. \$20/hour.**  
Court reservations can be taken one hour in advance.
- **Sunday Family Time - 12 - 3 pm. \$15/hour. No guest fees.**  
One ETF tennis member may play with immediate family.  
~ siblings, parents, children, grandparents ~
- **Early Bird Special - Monday - Friday. 6:30 - 9:00 am.**  
**\$20 for entire 2 ½ hours or \$5/pp for doubles.**



**November 2011**

## More Fitness Offerings

### Extreme Fitness Camp with PJ

Cardiovascular exercise along with Strength training (dumbbells, exercise bands, or resistance using your own body weight). You will work on form, core training, breathing, relaxation, and flexibility,

**Tuesdays 11 - 12 noon  
\$15/class**

### Group Training with Susan

Get the benefits of personal training in a small group setting. No more than 5 people/class.

**Wednesdays 4:30 - 5:30 pm**

**Fridays, 1 - 2 pm**

**Saturdays 11 - 12 noon**

**\$69/6 classes**

### Cross Fit Training with PJ and Mark

Train for strength, flexibility and endurance on the court. Rotate through 8 stations including the tennis court.

**Fridays, 1 - 2 pm, Court 8**

**\$20/class**

*Please sign up in advance at the front desk for all fitness classes.*

## Happy Thanksgiving!



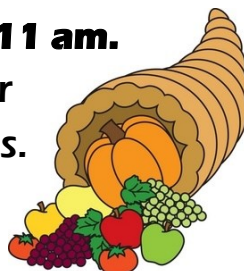
**No guest fees Thanksgiving weekend**

**Thanksgiving Day: Open 7 - 11 am.**

Complimentary court time for tennis members. Limit 1½ hrs.

**Friday, 11/25: Open 7 am.**

**Mixer held at 7:30 pm.**



**Grosse Pointe Santa Parade  
Friday, November 25**

Please join Eastside in the Santa Parade. We are excited about bringing our club to the community. If you and your family would like to participate, we would love to have you join us for the walk down Kercheval. The more the merrier! Please sign up at the front desk.