

Sweetwater Country Club Athletics

Welcome to Sweetwater Country Club Athletics! I want to personally welcome you and your family.

In addition to the beautiful Golf Courses, Restaurants, Ballroom and Banquet facilities, SWCC has an extensive Athletic Facility that includes Tennis, Pickleball, Indoor & Outdoor Pools, Weight Room, Racquetball Courts, Personal Training, Group Exercise Classes, Indoor Cycling, Physical Therapy, Massage, Kids Cove and much more. This Welcome Packet will provide you with information on each of the areas listed below as well as additional services offered at the Athletic Facility.

We look forward to having you and your family here at Sweetwater Country Club! If you have any further questions after reviewing this information packet, please don't hesitate to contact me. I look forward to meeting you, and once again, welcome to the Club!

Sincerely,

Hiram Gonzalez, RSPA, PTR, DRT, DCA, CPO, CRSE.

Director of Tennis & Athletics | Sweetwater Country Club
4400 Palm Royale Blvd | Sugar Land, Texas 77479
Phone : 281-980-2255 | E-mail: hgonzalez@sweetwatercc.com

TENNIS STAFF

Hiram Gonzalez:	Director of Racquets and Athletics
Joanne Schneeweiss-Keene:	Assistant Director of Racquets and Athletics
Sean Curley:	Head Racquets Pro
Donni Leaycraft:	Co-ed coordinator- new member liaison
Eric Cornejo:	Staff professional/High performance junior coach
Bart Bernstein:	Staff professional
Buck Bernstein:	Staff professional

TENNIS AND PICKLEBALL LESSON PRICING

- 24-Hour Cancellation Policy
- All lessons must be scheduled directly with your Pro of choice. Members may ask the Front Desk to be added to the Lesson waitlist and forward messages to all the pros available during the desired day and time.
- Members may only use instructors authorized by management on club premises.

PRIVATE LESSONS - TENNIS AND PICKLEBALL

	HIRAM Director	STAFF PROFESSIONALS
1/2 Hr	\$50.00	\$50.00
1 Hr	\$100.00	\$90.00
1 1/2 Hr	\$150.00	\$140.00

SEMI-PRIVATE LESSONS (2:1)

	HIRAM Director	STAFF PROFESSIONALS
1/2 Hr	\$25.00	\$25.00
1 Hr	\$45.00	\$45.00

PRIVATE GROUPS

This price is offered for individuals looking for a set time and pro of their choice in a private group setting.

1 Hr 3:1	\$30.00 ea.
1 Hr 4:1	\$25.00 ea.
1 1/2 Hr 3:1	\$45.00 ea.
1 1/2 Hr 4:1	\$40.00 ea.
1 1/2 Hr 5:1	\$30.00 ea.
1 1/2 Hr 6 or more	\$26.00 ea.

TEAM MANDATORY DRILL

These groups are formed by members competing in HLTA or WHLTA leagues. The price is lower than the private group as its design to be billed weekly for the season.

1 1/2hrs \$140/pro/court.

*Speak to your team captain for details.

RACQUET RE-STRINGING

- String prices will vary from \$15-\$89
- Visit our pro-shop for more info
- LABOR \$18

COURT RESERVATIONS\ CANCELLATION

** Reservations may be made no more than seven (7) days in advanced.

** 8- Hour cancellation policy (Court fee will be charged if courts are cancelled during the 8 hour window).

INDOOR COURT FEES

1/2 hour.....	\$10.00/court
1 hour.....	\$20.00/court
1 1/2 hour.....	\$30.00/court
2 hours	\$40.00/court

PRO-RATE INDOOR COURT FEES

	1:1	2:1	3:1	4:1
1 Hr	20.00	10.00 ea.	6.67 ea.	5.0 ea.

TENNIS GUEST FEES

All guests must check in at the front desk, failure to do so, will result in additional charge. Please check-in your guests.

Indoor or Outdoor Adult	\$15.00 unregistered guest: \$30.00
Indoor or Outdoor Child	\$15.00 unregistered guest: \$30.00

SWEETWATER WOMENS' LEAGUE TEAMS

Open only to members, spouses, or their Club-approved significant other. No exceptions to this policy may be considered.

EVENTS

Members participating in events hosted by the club must sign-up in advanced. In addition, cancellations from any event must be done 72 hours in advance. Late cancellations will result in full charge.

BALL MACHINE CLUB

Three months

Individual only (one designated person)	\$200.00
Family pass (only immediate family)	\$250.00

Single use \$20/hr.

Ball machine pass includes court fee. Must be reserved for no more than one hour per day. The pass is for Ball machine use only. (Members using the ball machine court for singles, doubles, lessons, drills or any other activity other than the ball machine use will result in full court fee and ball machine pass will be revoked)

Ball machine will be kept locked, check in at the front desk to get the key. No Refunds once the pass has been paid. The remote for ball machine is available upon request. (Must turn in keys to get remote)

TENNIS RESERVATIONS/CANCELLATIONS

- All reservations may be made seven (7) days in advance by calling the pro shop or online.
- Indoor courts should be cancelled (8) hours in advance. Failure to do so will result in the member being charged for the court.
- Outdoor courts should be cancelled in advance as a courtesy. Outdoor courts **NO SHOW** on reservations will result on **\$20 fee** per hour reserved.
- Failure to show within fifteen (15) minutes of your indoor reserved time will result in forfeiture of your court reservations. (Court fees will be applied).

- Private lessons must be cancelled (24) hours in advance. Failure to do so will result in the full fee being charged.
- Any member needing to reserve more than one (1) court should contact the tennis desk, league-related reservations should be booked with our Head pro/Ladies coordinator and/or Director of Tennis.

GENERAL COURT RULES

- All players and guests must register at the pro shop desk prior to play. (Indoor and Outdoor Courts).
- All players must leave the court promptly when their reservation expires. If they wish to continue play, they must report to the Front Desk to check court availability.
- Spectators are not allowed on the courts.
- The doors to the indoor courts should not be opened for other members or guests to come in without checking in at the front desk. The Exit doors are for Exit purposes ONLY. Indoor court EXIT only doors should not be propped open.
- Doubles are encouraged when the courts are full.
- Players must be dressed in proper tennis attire and shoes specifically designed for tennis. Non-marking running shoes are not allowed on the tennis courts at any time.
- All players must wear shirts at all times.

TENNIS GUEST FEES

Guest fees for lessons and/or court fees will be charged to the host member's account.

- Guests must always be with member.
- Guests will be limited to 2 visits per month and no more than once per week.
- Junior program guests are allowed to try the junior program for 1 month. 20% additional charge will be applied, if the guest becomes a member after the initial trial the 20% will be waived.
- Guest Fees:

Indoor or Outdoor Adult	\$15.00
Indoor or Outdoor Child	\$15.00

PRIVATE TENNIS EVENTS

Requests to host a tournament or private party using the tennis facilities should be made to the Director of Racquets.

ATHLETIC BUILDING AMENITIES

ATHLETIC STAFF

Hiram Gonzalez – Director of Racquets and Athletics
Tony Moore- Personal Trainer
Shinda Obey – Personal Trainer
Rhonda Gutierrez – Group X Coordinator
Clare Chambless – Kid's Cove and Athletic Desk Manager
Carl Thomas Jr. – Swim Lesson Coach

ATHLETIC BUILDING HOURS OF OPERATION

Monday.....5:00am - 9:00pm
Tuesday.....5:00am - 9:00pm
Wednesday.....5:00am - 9:00pm
Thursday.....5:00am - 9:00pm
Friday.....5:00am - 9:00pm
Saturday.....8:00am - 8:00pm
Sunday.....8:00am - 8:00pm

*Subject to change during Holidays.

FITNESS GUEST FEES:

Athletic Facility guest fee is \$15.
Unregistered guest: \$30.00
Member must be present with all guests

Sweetwater Country Club is a Private Club designed to bring members together for social and recreational activities on its premises. The invitation of guests to the Club shall normally serve 2 key purposes:

*To accommodate a member wanting to invite a guest for a variety of reasons, and to showcase the Club to members' friends in the community, thus promoting a positive word of mouth in the Community and or joining the Club as members.

*'No Guest frequency to the Club.

KIDS COVE RULES AND RESERVATIONS PROCEDURES

The Kids Cove offers a safe and comfortable place for the kids to hang out and have fun while parents spend some time exercising, golfing, playing tennis, swimming or dining. Childcare is available for children 5 years old and older.

Wellness Policy

In general, we ask that you not bring your child to Kid's Cove if he/she is sick. If he/she is being kept home from school or play dates, then please do not bring him/her to Kid's Cove. We reserve the right to send home children that have any of the following symptoms: fever, diarrhea, vomiting or runny nose that indicates infection. We ask that if your child has any of these symptoms that you, please keep them at home and do not return to Kid's Cove until the symptoms have been gone for 24 hours

Reservations must be made at least 24 hours in advance, hourly charges apply. For reservations see our Sweetwater app under kid's cove reservations

GROUP EXERCISE

SWCC offers over 20 classes per week that are free to members. Please see Group X Monthly Schedule to get a list of Classes and Descriptions. Class reservations can be made by downloading the SWCC App. For questions, please contact Rhonda Gutierrez at RGUTIERREZ@sweetwatercc.com

PERSONAL TRAINING/PHYSICAL THERAPY/MASSAGE

PERSONAL TRAINING

30 mins - \$40 per session

60 mins - \$75 per session

SEMI PRIVATE (up to 3 participants)

60 mins - \$57.50 per session

GROUP TRAINING (4 to 8 participants)

60 mins - \$39 per person

PERSONAL TRAINING W/SHINDA OBEY

1 Hour Session	\$90.00/hour \$810.00 – 10 sessions
30 Min Session	\$60.00/hour \$550.00 – 10 sessions
Small Group Sessions 30 Min	\$200.00 – 10 sessions
Small Group Session 1 Hour	\$400.00 – 10 sessions
Semi Private 2 Person 30 Min	\$250.00 – 10 sessions
Semi Private 2 Person 1 Hour	\$500.00 – 10 sessions

Personal Training Policies

24 Hour cancellation policy; appointments must be cancelled within 24 hours or forfeit the cost of the session. Pre-paid sessions must be completed within 45 days of purchase

INDOOR AND OUTDOOR POOLS

The Indoor Pool requires lane reservations. Reservations are not required for the outdoor pool. Children that are not potty-trained **MUST** be in swimming diapers when using the pools.

Reservations for the indoor pool can be made by downloading the SWCC app. For questions, please contact SWCC Athletic Front Desk at 281-980-2255.

BASKETBALL ETIQUETTE

Basketball court is open for member use on a “first come, first serve” basis. Reservations for events may be made through the Director of Athletics only.

SMOKING

SWCC Athletic Building is a SMOKE-FREE Facility. Smoking is not allowed anywhere in the building or on Facility Ground
(Athletic Building cont.)

ATHLETIC BUILDING ETIQUETTE, DRESS CODE AND GENERAL GUIDELINES

Dress Code: Appropriate exercise attire is always required. Closed-toe footwear is always mandatory in the workout areas. No bare feet are allowed at any time. Water shoes or flip-flops are permitted only when walking from the locker room to the pool. Shirts must be always worn. Jeans or pants with belts, buckles and/or zippers that may result in damage to equipment upholstery are not permitted. No thong style swimsuits and children that are not potty-trained must wear swim diapers.

CELL PHONES

- Cell phone use is prohibited on the courts, weight room and cardio rooms.
- Audible use of cell phones is discouraged. For the enjoyment of all members, cell phone use should be limited.
- Recording of self, members and staff personnel is prohibited without approval.

CHARGES TO ACCOUNTS

- Cash is not accepted for any purchase or payment of service. All charges must be made to a member's account.
- Charges may only be made by the member, spouse, authorized child or Club-approved significant other.
- Junior program guests may be paid by credit card during the trial month.
(Athletic Building cont.)

CHILDREN

All children under ten (10) years of age must always be supervised by an adult while the children are in the tennis facility. All children under 14 years old are not allowed in the weight room/cardio rooms.

CONDUCT

- At no time will un-sportsman-like conduct or other obnoxious behavior be tolerated. Anyone guilty of such behavior will be asked to leave the Club premises.
- The tennis professional staff shall have full charge of the tennis facility and shall be the final authority as to enforcement of the rules.

EMPLOYEES

- Complaints regarding an employee should be made to the Club management.

FOOD AND BEVERAGE

- All food and drink used or served on Club property must be obtained from the Club.
- Food and glass containers are not allowed on the courts, pool area and workout areas.

PETS

- Dogs, other than certified and identified service dogs, and other pets are not permitted on the grounds, courts or in the tennis/athletic facility.

PROPERTY

- A member's private property within the clubhouse or on the grounds shall be considered personal responsibility. The Club does not assume liability for personal items left unattended on Club property.

PARKING

- Sweetwater offers handicap parking along with kid's cove drop-off parking. We ask our members to use the kid's cove parking for the purpose of dropping off and picking up a child from kid's cove only.