

# TENNIS

## GROUP TENNIS LESSONS

Group lessons are held on Monday, Tuesday, Wednesday and Friday of the following weeks:

June 17 - 21 | June 24 - 28

July 8 - 12 | July 15 - 19

July 22 - 26 | August 5 - 9

August 12 - 16 | August 19 - 23

Aces (Advanced) 8:30 - 9:30 AM

First Serve (Intermediate) 9:30 - 10:30 AM

Second Serve (Beginner) 10:30 - 11:30 AM

Top Spin (Young Beginner) 11:30 - 12:30 PM

Aces, First Serve & Second Serve

\$40 | any one week

\$105 | any four weeks

\$175 | full eight weeks

Top Spin

\$30 | any one week

\$105 | any four weeks

\$175 | full eight weeks

## PRIVATE TENNIS LESSONS

Private lessons are available for all ages and designed to fit your busy schedule.

For more information or to sign-up for group or private tennis lessons, contact Coach Kolin:

715.550.0522 | kdeaner21@gmail.com



# GOLF TOURNAMENTS

JUNIOR PLAY DAYS  
Wednesdays starting at 9 AM

PGA JUNIOR LEAGUE  
Dates TBA

NCC JUNIOR INVITATIONAL  
July 16 and 17

NCC JUNIOR CLUB CHAMPIONSHIP  
July 20 - 21

Professionally Managed By

**HamptonGolf**  
www.hampton.golf

3901 East Superior St | Duluth, MN 55804  
Clubhouse: 218.525.1941 | Golf Shop: 218.525.1970  
www.northlandcountryclub.com  
info@hampton.golf



# GOLF

## 6-WEEK SUMMER CLINIC SERIES

Designed for all levels, ages 4 - 15.

This clinic series is instruction oriented with focus on the development of grip, stance, aim and alignment through drills, contests and games. This approach promotes learning while emphasizing the fun aspects of the game of golf.

\$125 | per Junior + a special gift

WEDNESDAYS

June 19 and 26 | July 10 and 24 | August 21 and 28

Ages 4 - 5: 4 - 4:30 PM

Ages 6 - 8: 4:40 - 5:20 PM

Ages 9 - 12: 5:30 - 6:10 PM

Ages 13-15: 6:20 - 7 PM

*Advanced sign-up required.*

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## HOOKED ON GOLF CAMP

Designed for true beginners, suitable for all ages. The camp's focus is to expose Juniors to the great game of golf, safety on the course and driving range, golf etiquette, basic swing fundamentals and introduction to golf equipment.

\$75 | per Junior

June 3 - 5 | 5 - 6 PM

*Advanced Sign-up Required.*

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## 6-WEEK SUMMER MEDALIST CAMP

Designed for Juniors looking for advanced instruction. Not only will the camp teach fundamentals, but focus on ball-striking consistency, distance control, short game techniques, bunker play and course management. The first half of each day will be spent on the driving range and the second half will be spent playing on-course with the Golf Pro.

\$200 | per Junior

WEDNESDAYS | 1:30 - 3 PM

June 19 and 26 | July 10 and 24 | August 21 and 28

*Advanced sign-up required.*

# GOLF

## PGA JUNIOR LEAGUE

Open to Junior Members ages 9 - 13.

This is a team event competing against area teams. Each player will receive a t-shirt from the PGA to wear as the team uniform.

\$75 | per Junior

*Paid directly to PGA*

Schedule of Events TBA

*Younger Juniors may participate if deemed "course-ready" by the Golf Pro.*

# CAMPS

## GOLF & TENNIS INTENSIVE CAMP

Designed for all levels and divided into two age groups: ages 5 - 9 and 10 - 15. This camp will cover every aspect of playing golf and tennis in a concentrated period with strong focus on skill development. Offered immediately after school concludes, this is an opportunity for Juniors to get excited about both tennis and golf early in the season. Each session will include 1.5 hours for each sport, plus time for warm-up and time for lunch.

\$150 | per Junior

June 10 - 12 | 10 AM - 2 PM

*Advanced sign-up required.*

*Limited to 12 Juniors per age group.*

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## NCC SUMMER CAMP

Designed for Juniors ages 5- 13. This camp will consist of all Junior activities at Northland: Swimming, Tennis, Golf and Arts & Crafts.

\$195 | per Junior

MONDAY - THURSDAY

July 29 - August 1 | 8 AM - 1 PM

*Advanced sign-up required. Limited space available. Camp fees will be billed on 5/31 and are non-refundable.*

# SWIM

## GROUP SWIMMING LESSONS

Group lessons are divided into four levels and held on Monday - Thursday of the following weeks:

June 17 - 20 | June 24 - 27

July 8 - 11 | July 15 - 18

July 22 - 25 | August 5 - 8

August 12 - 15 | August 19 - 22

Levels 1 and 3 – 10 - 10:30 AM

Levels 2 and 4 – 10:30 - 11 AM

\$40 per week | \$10 per lesson

### LEVEL 1

Lessons are designed for Juniors ages 3+ to give an opportunity to have fun in the water.

### LEVEL 2

Lessons are designed for beginner swimmers who are not yet ready to learn strokes, but want to work on floating, kicking and jumping into the water. Must be comfortable putting their head underwater.

### LEVEL 3

Focusing on learning the front and back crawl, exploring the whip kick and elementary backstroke.

### LEVEL 4

Focusing on perfecting the front and back crawl, learning elementary backstroke and breaststroke, retrieving diving rings and more!

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## PRIVATE SWIMMING LESSONS

Monday - Thursday | 8 - 10 AM

Friday - Sunday | 8 - 11 AM

For more information or to sign-up for private swimming lessons, contact Ivy Smith:

218.269.2068 | [ivyasmith@yahoo.com](mailto:ivyasmith@yahoo.com)

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## OPEN-SWIMMING HOURS

Monday - Sunday | 11 AM - Dusk

*Weather permitting and only with a certified lifeguard on-duty (employed by Northland Country Club).*