

The logo for Elite Sports Clubs features the word "elite" in a white, lowercase, sans-serif font. A yellow swoosh underline starts under the 'e', goes under the 'l', and then curves up and around the 'i'. Below "elite" is the phrase "SPORTS CLUBS" in a yellow, lowercase, sans-serif font.

elite

SPORTS CLUBS



PROGRAM GUIDE

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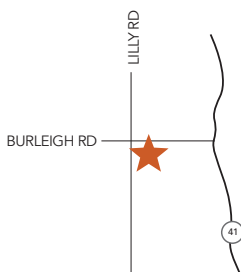
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BROOKFIELD

13825 W. BURLEIGH RD
262.786.0880

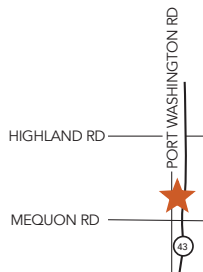
BRINFO@ELITECLUBS.COM
BRMEMBERSHIP@ELITECLUBS.COM



RIVER GLEN

2001 W. GOOD HOPE RD
414.352.4900

RG NFO@ELITECLUBS.COM
RGMEMBERSHIP@ELITECLUBS.COM



MEQUON

11616 N. PORT WASHINGTON RD
262.241.4250

MEINFO@ELITECLUBS.COM
MEMBERSHIP@ELITECLUBS.COM



NORTH SHORE

5750 N. GLEN PARK RD
414.351.2900

NSINFO@ELITECLUBS.COM
NSMEMBERSHIP@ELITECLUBS.COM



**4 convenient
locations for all
your fitness &
health club
needs!**

Facilities & Services

Some amenities & services may incur an additional cost.

	Brookfield	Mequon	North Shore	River Glen
Indoor Tennis Courts	8	6	10	6
Outdoor Tennis Courts	2			3
Racquetball Courts	1		3	
Weekly Group Exercise Classes	85+	65+	50+	50+
Exercise Studios	4	3	2	3
Fitness Center	•	•	•	•
Personal Training	•	•	•	•
Small Group Training	•	•	•	•
Basketball Court	•	•	•	•
Paddle Courts			•	
Indoor Saltwater Pools	2	2		2
Outdoor Saltwater Pools	2	2		1
Hot Tub	•	•	•	•
Steam Room	•	•	•	•
Sauna	•	•	Men	•
Towel Service	•	•	•	•
Physical Therapy	•	•	•	
Massage Therapy	•	•	•	•
Red Light Therapy	•	•	•	•
HydroMassage	•			
Playroom & Childcare	•	•	•	•
The Quad/eZone	•	•		•
Music & Dance Lessons	•			•
Pre-School	•			
Food & Drink Services	•	•	•	•
Outdoor Grill/Bar	•	•		•
Meeting/Party Rooms	2	1		4
Free Wi-Fi	•	•	•	•



eliteclubs.com

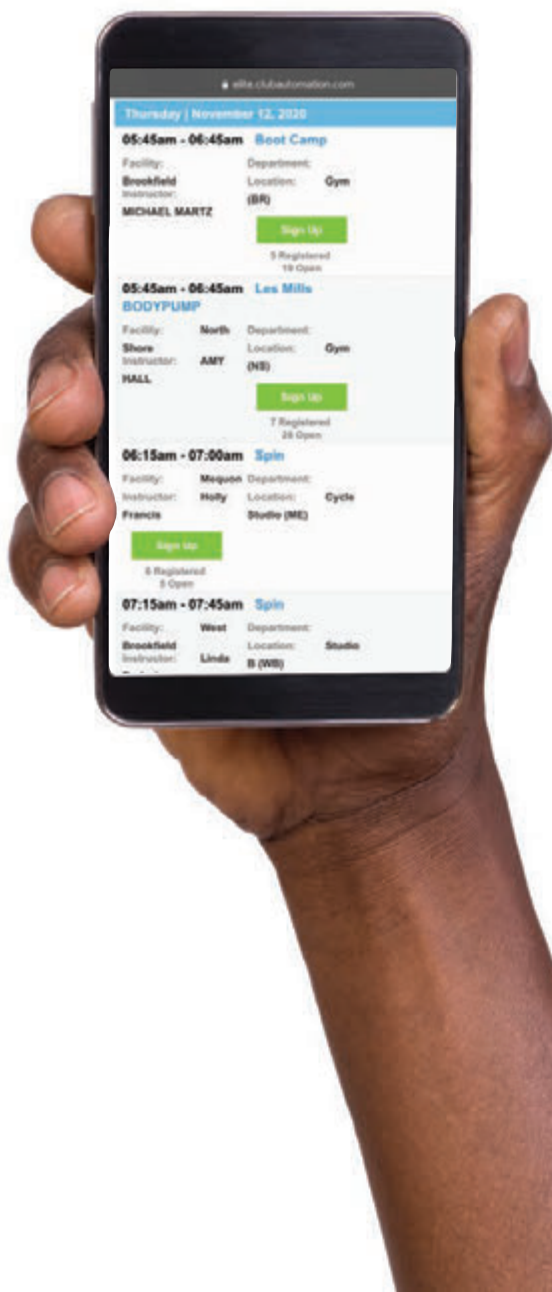
Get Involved!

The Power of the Member Portal

We have a convenient online member portal that you can use to sign up for programs, classes, and events, as well as check your account activity and billing, or use to update your payments and contact information. Each person on the account will have their own unique login credentials to sign up for classes, reserve a tennis court, schedule childcare, register for lessons, RSVP for events, etc.

**Group exercise
classes right at
your fingertips!**

elite.clubautomation.com



ELITE LIFE

Social Culture

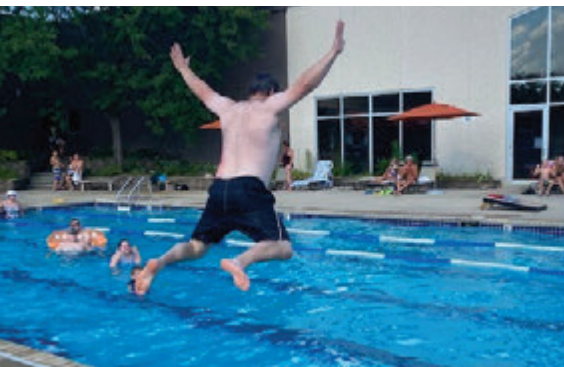
Elite is the place to be to meet new people, make friends, and network with business associates. We foster an engaging community of members who are passionate about health, fitness, and recreation. "Where You Belong" isn't just our slogan. It's an invitation to join one of the best private clubs in the Milwaukee area.



Carnivals, Happy Hours, Cooking Classes, Flick & Float

Elite Sports Clubs are a community of like-minded individuals and families who stay healthy and social together! We host a wide variety of social activities throughout the year, from our family carnivals to beer tastings, from flick and floats to cooking classes and so much more!

To find out more about our social activities contact [Eliteclubs.com/events/category/elite-life](https://eliteclubs.com/events/category/elite-life) or email EliteLife@eliteclubs.com.



TENNIS

Adult Programs

Elite is the place for adults to play tennis in Milwaukee! We have every possible option available to you, including private and group lessons, cardio tennis, ball machine rental and more. If you plan to play a lot, you should consider our unlimited tennis offering. Looking for competitive play without a commitment? Sign up for our Flex League play in singles or doubles or participate in one of our many tournaments. Want to meet more players? Participate in a tennis social or contact us to get added to our playing partners initiative.

For more information on these programs, please check out eliteclubs.com/tennis/adult-tennis and to get involved or if you have further questions, please contact Tennis@eliteclubs.com.



Tennis Pro Shop

Elite Sports Clubs offers comprehensive Tennis Pro Shop services at all locations. It's great for when you need your racquets serviced to keep your game on point! Our professional team can help you with everything from purchasing your new racquets, shoes and bags to restringing, regripping and more.

For more information, please check out eliteclubs.com/tennis/tennis-pro-shop

To get your racquet restrung or to get help with new purchases contact TennisProShop@eliteclubs.com.





Kids Programs

Elite has lessons and progressions for kids of all ages and abilities. We use the USTA red, orange and green ball progression to help tailor the experience to their age, size and ability. By kid-sizing the equipment (balls, racquet, and net height) and modifying play components, kids can quickly develop tennis skills such as rallying.

Kids 11 and up can participate in two tracks: our Junior Program which consists of 85% of our juniors, will lead juniors to become good all-around tennis players for life. Our Invitational Program trains juniors for top varsity play and give them opportunities for Division I, II, or III collegiate tennis. There are also a wide range of competitive and social opportunities for our junior tennis players of all abilities, including pizza & play, high school doubles, middle school matchplay, challenge ladder, USTA tournaments and more!

For more information about all of these opportunities, check out our website eliteclubs.com/tennis and to get your child involved, please contact Tennis@eliteclubs.com.



AQUATICS

With ten saltwater pools or whirlpools across three of our locations, Elite Sports Clubs has plenty of pool space to fit your needs year-round. Elite Sports Clubs was the first privately owned commercial business in Wisconsin to offer saltwater systems in all pools: saltwater pools minimize the use of harmful chemicals, are less abrasive on the skin, hair, and swimsuits, have no chlorine smell, and naturally clean better than liquid chlorine. We invite you and your family to take advantage of the many aquatics opportunities available.

Lap lanes may be reserved via the member portal and may be used for anything such as swimming, water walking or private lessons!

Lessons

Elite Clubs offer children's swim lessons, starting with our parent & child program for children from 6 months to 3 years, Red Cross group swim lessons, as well as private lessons, our swim club and teams.

For adults, we offer private lessons for any needs from learning to swim to triathlon training as well as aqua personal training sessions. Adults may also take advantage of our pools for our great water aerobics classes. These free classes offer a great low-impact workout with cardio and toning. Take a look at our class schedule for class days, times, and class descriptions.

Events

Elite members also enjoy a variety of social programming around our pools, including happy hours, socials, flick & floats and more. Private parties can be arranged as well!

For more information on all things Aquatics, contact Aquatics@eliteclubs.com or visit our website at eliteclubs.com/aquatics



Childcare & Youth Spaces

Elite Sports Clubs strives to provide you and your children with an enjoyable and safe environment to pursue your family's health, fitness, and recreational goals. We encourage the use of the club by all members of the family and offer plenty of age-appropriate activities, plus a variety of different events and programs for our junior members.

For more information, please visit eliteclubs.com/youth/childcare-youth-spaces

Playroom

The playroom is free for children ages 6 weeks and older on a membership. Our caretakers are experienced and infant/child CPR-certified so that you feel confident your kids are in good hands while you achieve your fitness goals. We look forward to working with each family and will accommodate your child's needs to the best of our abilities. Drop-off services are available for a fee. Reservations are required via the member portal.

For more information, please visit eliteclubs.com/youth/childcare-youth-spaces/#playroom



QUAD

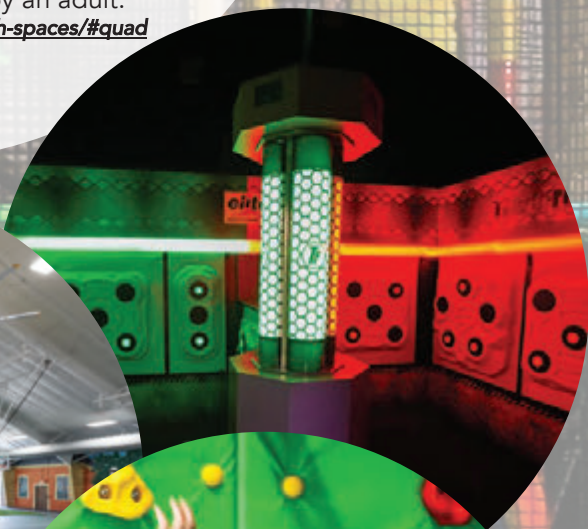
(River Glen)

Located at River Glen, the Quad is over 20,000 square feet and has multiple sport courts for basketball, soccer, floor hockey and countless other sports. It also features the SpaceMaze playground with cornhole and ping pong, mini bowling, "Balladium" ball blaster, "Time Freak" Race the Clock, Arcade, and more! During open play hours, the Quad is supervised by "Refs" who will engage your child in lots of fun, active games, and sports.

Children ages 7+ may be dropped off in the Quad during open play hours. Children ages 6 & under must be accompanied by a guardian.

Outside of open play hours, all children 10 & under must be supervised by an adult.

eliteclubs.com/youth/childcare-youth-spaces/#quad



eZone

Our Brookfield & Mequon locations offer free interactive kids space for ages 6 years and older on a membership. The eZone hours may vary by club location. Kids can enjoy active supervised games including Basketball, Dodgeball, Scooters, Parachute, Arts & Crafts Station and Active Video Games.

For more information visit
eliteclubs.com/youth/childcare-youth-spaces/#ezone



Drop-Off Services

Parents are permitted to drop off kids 11 and older at the club and leave our facilities for up to 3 hours. Both the parent and child are required to sign the Junior Code of Conduct take advantage of drop-off privileges. For more information on the Junior Code of Conduct, please visit

eliteclubs.com/youth/childcare-youth-spaces/#drop-off



STAY & PLAY

Game rooms on each side of
town for your entertainment!

ELITE SPORTS CLUB-
BROOKFIELD



ELITE SPORTS CLUB-
RIVER GLEN



CHILDREN'S PROGRAMS

Petite Elite Preschool

We offer a developmentally appropriate setting and curriculum to encourage a positive, unique learning experience for children ages 2-5. A safe, nurturing, structured environment is provided while children learn the readiness skills needed for kindergarten. The program follows a typical school year, including breaks. 2-3 year olds attend Tuesdays & Thursdays from 9:30am-12:00pm while 4-5-year-olds attend Mondays, Wednesdays & Fridays, 9:00am-12:00pm. For more information, contact

eliteclubs.com/youth/childcare-youth-spaces/#preschool

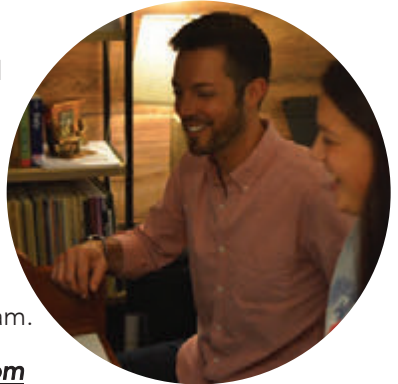


Mozart's Gym

Music School

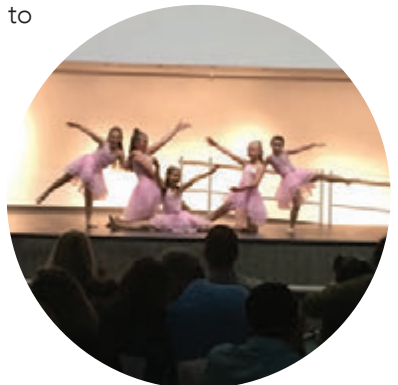
Mozart's Gym is a nationally recognized music school serving the greater Milwaukee community through Elite Sports Clubs and Brookfield Academy. As a leading school of the comprehensive musicianship model, we offer a skill-based program that trains musicians in the fundamentals of Rhythm, Reading, Ear-Training, Technique, and Theory. Our versatile students develop skills in both classical and popular styles of music and regularly win top state awards in the prestigious Royal Conservatory Certificate Program. For more information, contact

mozartsgym@eliteclubs.com or visit mozartsgym.com



Kennedy Dance School

Kennedy Dance Company is passionately committed to providing each dancer with the opportunities and preparation to learn the art of dance with positive, structured, and inspiring teaching methods. The company was founded by three sisters, Kate, Carolyn, and Susan Kennedy, in 2006 based on their passion for dance, fitness, and performing. For more information on Dance, contact KennedyDanceCompany@eliteclubs.com or visit eliteclubs.com/youth/music-dance/#dance



Summer Camp (SCAMP)

At SCAMP, kids enjoy indoor and outdoor swimming pools, tennis courts, a full-sized gym, game and craft rooms, and organized field trips. Our trained counselors help kids build confidence by learning new skills in tennis and swimming, as well as basketball, kickball, t-ball, dance, and more!

Includes Lessons!

Lessons are part of the daily activities for SCAMPers. Tennis and swim are taught by professional instructors. Children develop important skills to become great young athletes.

Theme Days, Sports & Field Trips!

At SCAMP, days are packed with activities. Whether it's games or sports, outside or indoors, every child has an opportunity to participate in their favorite activities. Theme days and field trips are scheduled throughout each session and give children special opportunities to express themselves and go on adventures together. And most importantly have fun!

Full-day & half-day options are available.

For more information visit
eliteclubs.com/summer



TEEN FITNESS

Teen Nutrition & Training (TNT)

TNT is a comprehensive 3-session program designed to educate Elite's junior members in safe and healthy exercise and nutrition habits. Working with an Elite Fitness Specialist, young members will learn etiquette and safety, bodyweight exercises, healthy eating, and proper use of free weights, strength, and cardio machines. This program is required for all youth members who would like to utilize the Fitness Center. Visit eliteclubs.com/youth/youth-fitness/#tnt

Athletic Movement & Performance Training (AMP)

The goal of our AMP training program is to help your child become a better athlete. During our sessions, we work on SAQ (speed, agility, quickness) to help with on-the-field movements, strength, and power to help with overall speed and athleticism. We start with an athlete's assessment, and then based on the results, prescribe custom workouts that will help kids become the best athlete they can be! AMP is available at all Elite Sports Clubs locations. Pick up an AMP brochure for more information or visit eliteclubs.com/youth/youth-fitness/#amp

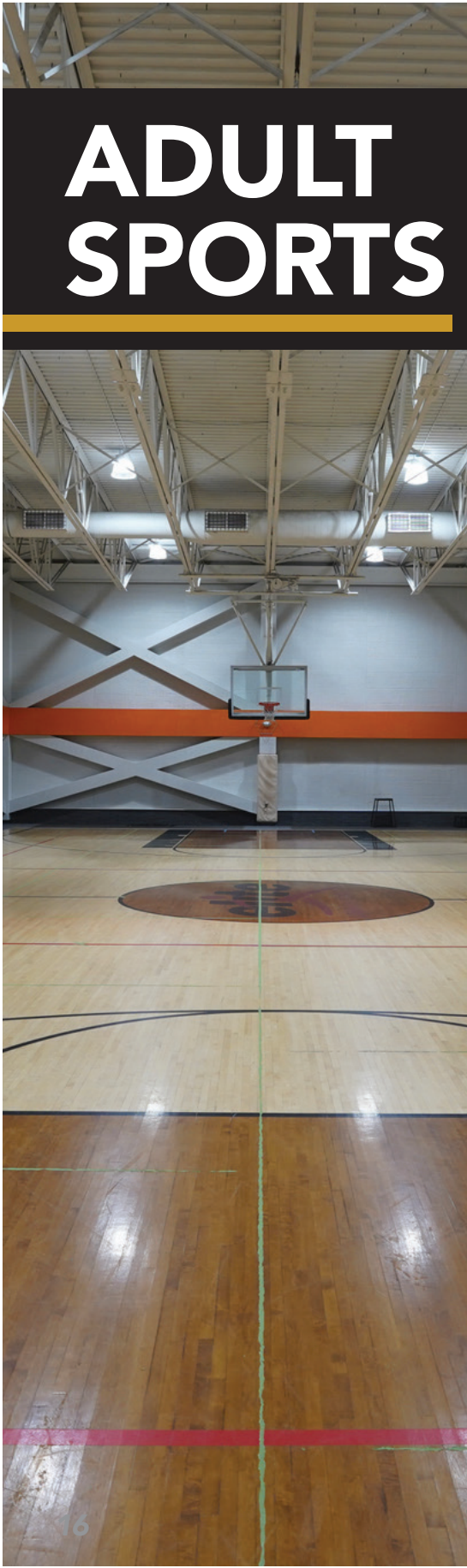
Sport-Specific Training

We have a wealth of collegiate and semi-pro athletes at Elite Sports Clubs who can help young athletes improve skills, tactics, and strategies specifically related to their sport.

For more information contact Fitness@eliteclubs.com or visit eliteclubs.com/youth/youth-fitness/#training



ADULT SPORTS



Basketball

We host regular basketball leagues for adults on a session-by-session basis throughout the year. Days and times may vary depending on participant requests. Each session typically culminates with a championship game. Don't have the time to commit to one of our sports leagues? Stop by for a pick-up game instead! Check out our Sport Court schedule for the pick-up game and open sport court times.

Volleyball

We host regular volleyball pick-up games for adults throughout the year. Days and times may vary depending on participant requests. Check out our Sport Court schedule for pick-up games and open sport court times.

Racquetball

Elite offers free open court time year-round. Whether you're picking up a racquet for the first time or honing specific skills, court rental is readily available during non-league times and equipment is available to rent.

Pickleball

Elite is happy to offer designated court availability for pickleball open play and programs. We use the QuickStart lines and the tennis net as well as pickleball official nets and lines and can supply the paddle and balls. Come learn the game and play! Court fees or program fees apply.

Table Tennis

Not only do we offer tables for casual recreational play, we also have a few vibrant leagues, tournaments, and clinics occurring throughout the year. Contact us for more info or to get involved!

Badminton

Elite offers pick-up badminton from October through May. Just drop in, no reservation required. No fees equipment is available to borrow.

For more information on any of these programs, please contact

Fitness@eliteclubs.com or visit eliteclubs.com/sports

ADULT FITNESS

All new adult members are encouraged to take advantage of a free personalized fitness consultation with one of our fitness professionals to help design a great fitness program to help achieve goals faster and safely. During this session, the trainer will complete a body composition analysis, functional motion screen, musculoskeletal evaluation and more. Your trainer will help you get oriented to the cardiovascular and strength training equipment and design the optimal program and work-outs for you.

Personal Training & Small Group Training

Elite's dedicated, college-educated, certified personal trainers can help you achieve your objectives faster and safer than going it on your own. Their knowledge, caring, and positive attitude will motivate you and keep you accountable. You can choose from personalized options to fit your schedule or a more affordable option with group training. Training with a group provides a social environment where you are held accountable for your fitness routine. Our small group training program follows 6-week sessions that progress in difficulty, while still offering modifications for different fitness levels. Programs usually use a specific modality, or equipment not offered in our complimentary group exercise classes.

Reformer Pilates Training

The reformer offers all the famous benefits of Mat Pilates including overall and core strength, flexibility, better back health, coordination, balance, and more. The resistance of the pulley and spring system offers more resistance than just your bodyweight on a mat. You'll achieve even better posture and coordination than you would with a mat or classic fitness core routine.



For more information on training, contact
eliteclubs.com/fitness/group-personal-training

WELLNESS AMENITIES

S.M.A.R.T Physical Therapy

The S.M.A.R.T. Clinic offers a wide range of Physical Therapy, Massage, and Chiropractic services to suit your needs. S.M.A.R.T. Clinic clients receive specialized services in an amenity-rich environment. You do not have to be a member of the club to take advantage of S.M.A.R.T. Clinic services. The team of sports medicine professionals at the S.M.A.R.T. Clinic utilizes an integrated approach to speed your recovery and enhance your performance.

Visit Smart-Clinic.com
for more info or email
info@smart-clinic.com.



Nutrition

At Elite, we have the unique opportunity to offer clients personalized plans addressing both nutrition and fitness, while recognizing the psychological triggers behind your behaviors. We work with you to create lasting lifestyle changes. Meet with our Nutrition Coaches regarding a wide array of topics relating to health and wellness needs. We'll help you reach your health and weight



loss goals. You may attend as an individual, couple, or family. For more information on Nutrition, contact Fitness@eliteclubs.com or visit eliteclubs.com/health-lifestyle/diet-nutrition

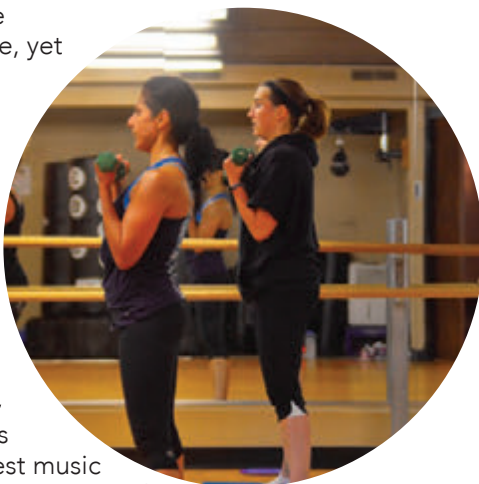
EXERCISE CLASSES

Elite Sports Clubs offers over 150 free group exercise classes each week. Elite Sports Clubs' classes provide a sociable, yet motivating atmosphere, across a wide range of modalities, including those that focus on cardio, strength, cycling, mind/body, fusion, HIIT, and water.

Visit eliteclubs.com/fitness/exercise-classes for more information.

Les Mills Classes

In addition to proprietary classes developed by our fitness professionals, such as CS60, Elite proudly features Les Mills programming which mix the hottest music with cutting-edge exercise science, motivation, and the energy of enthusiastic certified instructors.



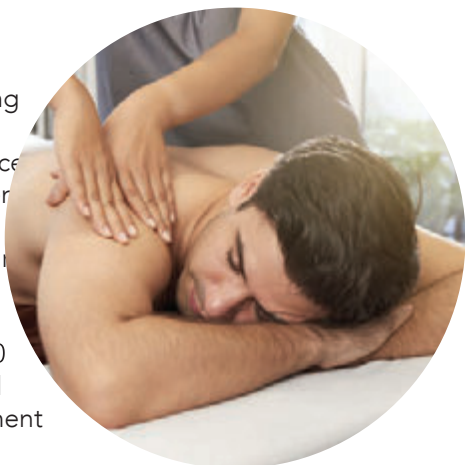
Yoga Classes

Exhale Yoga Studios at Elite Sports Clubs are one of the largest mind-body studios in the Milwaukee area with over 50 classes per week, and more than ten types of classes. Beginner through advanced yoga, restorative and hot yoga, yoga workshops and more are all included with membership. All of our instructors are certified with a minimum of 200-hour CYT and most with a 500-hour ECYT. If you need guidance, our staff will be happy to recommend a class suited to your needs and based on your experience or arrange for private yoga sessions. For more information on Yoga, contact Yoga@eliteclubs.com.



Massage

Massage is an important part of maintaining a healthy body! Most fitness professionals recommend getting a massage at least once a month. Elite massages will revitalize your entire body leaving you ready to take on your day. Both therapeutic muscle and relaxation massages are offered. Elite Therapists are highly trained, experienced, and certified with at least 600 hours of massage training at an accredited Massage School. To schedule an appointment contact Massage@eliteclubs.com or visit eliteclubs.com/health-lifestyle/spa-services/#massage



HydroMassage

HydroMassage allows you to enjoy total relaxation while remaining fully clothed, dry, and comfortably supported as you're massaged by powerful waves of heated water. You are in complete control of your massage experience so target the areas where you need it most. For the days when you need a 10-minute break from the world, HydroMassage is ready for you. Soothing waves of warm water help reduce levels of stress and anxiety. Think of it as a mini-vacation that you can take every day! Personal care, wellness, and relaxation has never felt this good. HydroMassage is available at our Brookfield location; options include a one use fee as well as monthly unlimited.

Contact Hydromassage@eliteclubs.com or visit eliteclubs.com/health-lifestyle/spa-services/#hydromassage



Red Light Therapy

Red Light Therapy is a safe, all-natural process that encourages your body to naturally produce enzymes, elastin fibers, and collagen that support the skin's structure, thus producing younger, smoother, and firmer feeling skin.

Red Light Therapy service is included with your membership reservations are recommended and can be made by contacting the front desk at your home club.

For more information, visit eliteclubs.com/health-lifestyle/spa-services/#redlighttherapy



Aquatics Classes

It doesn't matter if you're a child, a senior or somewhere in between: Elite has plenty of water exercise classes for all ages!

Given the many benefits of exercising in water, aquatics exercise classes are a great addition to your typical workout routine. Their low-impact nature make them an ideal choice for those who suffer from joint pain or are recovering from injury. Additionally, working against water resistance will help you build strength and tone your muscles. We also introduce various pieces equipment to increase the challenge!



Pilates Classes

Pilates is an advanced path to strength and endurance, as well as the ultimate mind-body connection. Pilates complements yoga, aerobics, and other forms of exercise. Elite offers the most knowledgeable Pilates instructors in the region, specializing in a complete body-conditioning workout for both men and women. Pilates engages you, refreshes you, and leaves you with a sense of well-being. It offers the benefits of a yoga class and a strength workout combined, promoting muscular harmony and balance. Pilates mat classes are included with membership.



PRIVATE EVENTS

Have an event? We can help. Let us bring your celebration to life

Whether it's a huge event or a small get-together, we will provide the space and staff to make it a hit! Each club is flexible and creative, depending on your needs. We can create challenge courses, banquet halls, dance floors, and anything else you may need to host a successful event. We have hosted everything from weddings to bar mitzvahs, from prom's to 50th anniversary parties, from graduations to school lock ins. Ready to plan a unique and special event for your family, school, church or business?

Contact Events@eliteclubs.com or visit eliteclubs.com/about/party-event-rentals



Birthday Parties

Our trained staff will make your time at Elite Sports Clubs a fun, stress-free experience! Your party can be in the Quad, in a pool, on the tennis courts or in the gymnasium. Our trained staff will make sure that the event is a smashing success and all the kids have a great time! Contact Events@eliteclubs.com to book your party or visit eliteclubs.com/youth/birthday-parties learn more about our offerings.



MEMBER POLICIES



Guests

Members are welcome to have guests join them at the club for a nominal fee. Guests must be accompanied by a member, and are limited to 4 visits between all Elite Sports Clubs locations annually. Limit 2 non-member guests per member per day. Additional guests may be registered through Member Services in advance of their visit to minimize wait times. All guests must complete a guest waiver prior to club entry.

24-Hour Cancellation Policy

All services or reservations must be cancelled with at least 24 hours notice to avoid being charged in full for the service. For services that do not require a payment, such as childcare or lap lane reservations, a late cancellation or no show fee may be assessed.

Tennis Reservations

Courts may be reserved 7 days ahead of time. The best way to reserve courts is on the website. As a courtesy to other players, please depart on time and make sure to leave the courts clean of ball cans and similar. Passport members may use all clubs and participate in all programming. Visa members may use Visa clubs only except for certain special events.

REFERRAL PROGRAM



At Elite Sports Clubs, we know that fitness is more fun with friends!

We love it when our members share their own love of the club with their friends, family, neighbors, co-workers, and anyone in-between. That's why we think you should be **REWARDED** with a club credit for each new membership you sponsor with our referral program.

The more members you refer, the more your referral dollars grow!

**Up to \$500 credit
per referral!**

For more information, contact Membership@EliteClubs.com

eliteclubs.com/referafriend



eliteclubs.com
(414) 434-2321