

SWD - Sport and Wellness of Danbury (formerly Beaver Brook), 17 Starr Rd, Danbury - 203-743-7676

Take RT 84 East to Exit 7. Exit left onto RT 7 North. Take first exit, Federal Road, to light at bottom of exit ramp. Turn right, go to end of the road. At the light turn left. Go past Days Inn, on the right, to the next light. At this light, turn right. Club is the second building on the right.

CULL - CULLMAN COURTS, Yale University, New Haven - 203-764-9227

Merritt Parkway, North or South, to Exit 57 for New Haven. Follow RT 34 towards New Haven approximately 5 miles. Look for Giordano Monuments on your left. Make next left turn. Go around curve and the club is on your left.

DORAL ARROWWOOD

From North on the Merritt:

Take the Merritt Parkway South. Crossing into NY, take exit 27. Merge onto King Street/NY 120 A (north) for .8 miles. Turn left onto Anderson Hill Rd. Doral Arrowwood is on the right.

From CT. on 95:

Take 95 South to 287 West to the Hutchison River Parkway North. Take the Hutchison River Parkway North to exit 28 (Lincoln Ave./Harrison/Rye Brook). Left off the exit ramp onto Lincoln Ave. At the end of Lincoln Ave., turn right onto Anderson Hill Rd. Entrance to Doral Arrowwood is 1/2 mile on your left.

Upon entering Doral Arrowwood, make your first left and follow road towards white tennis bubbles. Park either in the lot to the right of the bubbles or in the spaces in front of the bubbles. The bathrooms/lockerrooms are in the fitness center of the hotel (located behind the bubble).

FBUB - FAIRFIELD INDOOR TENNIS, 15 Old Dam Rd, Fairfield - 203-254-0440

From North - I95 to Exit 21, Mill Plain Rd. Bottom of ramp, make left turn and follow to the Post Rd. Make right turn onto Post Rd. At first traffic light, left turn onto South Pine Creek. Continue straight, approximately 1 mile. Make left turn onto Old Dam Rd. Club is on left.

From South - I95 to Exit 19, Center St. Follow exit road to Post Rd. Turn right onto Post Rd. Go 1 mile, then at Mobil Station, turn right onto South Pine Creek. Continue straight, approximately 1 mile. Make left turn onto Old Dam Rd. Club is on left.

FSEA - FOUR SEASONS RACQUET CLUB, 589 Danbury Road, Wilton - 203-762-2423

FOUR SEASONS RACQUET CLUB, Wilton - 203-762-2423

Merritt Parkway North - take Exit 39B, US 7 North toward Danbury. In about 1 mile turn right to stay on Rt 7, Grist Mill Rd. Stay on Rt 7, turning left on Main Ave. Approx 2 miles turn left onto US 7/CT 33/Westport Road. Stay on Route 7 passing Wilton High School on your left, continue approximately 2 miles. Club will be on your left.

Merritt Parkway South - take Exit 41, bottom of ramp you will head North on RT 33 which becomes RT 7 towards Wilton, staying on RT 7, passing Wilton High School on your left, continue approximately 2 miles. Club will be on your left.

From Danbury: RT 7 South (Norwalk) - Landmark: Shell Station and intersection of RT 107 - follow RT 7 approximately 2 more miles and club will be on your right.

GREE - GREENWICH RACQUET CLUB, Greenwich - 203-661-0606

I-95 GOING SOUTH - Take Exit 5. Bottom of ramp make left on to the Post Road. At third traffic light, make left on to the River Road. See building with sign reading "ADT". Tennis Club is behind this building.

GUIL - GUILFORD RACQUET & SWIM CLUB, 420 Church St., Guilford - 203-453-4367

I-95 North - Exit 58 - At bottom of ramp turn left onto RT 77. Club is on left (approximately 1 city block from ramp).

KH - KING'S HIGHWAY, 98 Old King's Highway N, Darien - 203-655-8769

I-95 - Exit 13 - Take a left onto RT 1 (Boston Post Road). Take a left onto Old King's Highway (stop light) and then take a quick right. Club is on the right, I-95 on left.

I-95 North or South - To exit 13. Make a left at the end of the exit onto route 1 South. Proceed to 1st light and make a left (Trader Joes & Orvis on corner). Take first right onto Old Kings Hwy N. Kings Highway Tennis Club will be on your right.

Merritt Pkwy North or South - to exit 37. Turn right (from either direction) onto 124 South. Follow to the blinking light. At the light, make a left onto Sedgewick Avenue. Cross over the Post Road at the next traffic light. At rotary, bear left-travel past Darien

Ice Rink and the King Highway Tennis Club will be on your left.

LYSH - LYME SHORES SPORTS CLUB, Old Lyme - 860-739-6281

I-95 North - Exit 71. Turn left - approximately 100 yards - turn left onto Colton Road. Follow to end (1/3 mile).

Southbound - as above except Colton Road is now your second left.

MIDD - MIDDLEBURY RACQUET CLUB, Middlebury - 203-758-1727

I-84 East, exit 16. At end of ramp take right onto RT 188 North (Southford Rd.) Club is approximately ½ mile on the left.

RT 8 North, exit 21 (Seymour and RT 67). Left off exit at light. Left onto RT 67 North toward Oxford. On other side of Oxford, watch for intersection for RT 188 (also called Southford Road). Take RT 188 North (forks to the right). The club will be approximately 3 miles on the left.

MTC - MILFORD TENNIS CLUB, 580 Bridgeport Avenue, Milford - 203-877-5594

I-95 North and South - Exit 34 - At light make left - proceed 3/4 mile - Club is on the left across from K-Mart Shopping Center.

NCAN - NEW CANAAN TENNIS CLUB, 45 Grove Street, New Canaan - 203-966-4558

Take Merritt Parkway Exit 37. Go North on 124 (South Ave). Proceed 3 miles on South Ave until it ends at a T. Turn left on Elm Street. Take 2nd left onto Grove Street. Just before railroad tracks, turn right into lot, drive under building to parking and club entrance.

NHHR - NORTH HAVEN HEALTH & RACQUET, 100 Elm Street, North Haven - 203-239-5665

Via Wilbur Cross - Exit 63 - take right off exit onto Route 22. At 2nd light - right onto Washington - 1st light - right on to Broadway. First light - left on Elm - Club is on right.

Via I-91 - Exit 11 - take right off exit onto Route 22. At 1st light - right onto Washington - 1st light - right on to Broadway. First light - left on Elm - Club is on right.

NTF - NORWALK TENNIS AND FITNESS, 490 Westport Avenue, Norwalk -

203-853-7727

Take Exit 41 (RT 33) off the Merritt Parkway. Head for Post Road. At Post Road light, take a right (South). Notice Pepperidge Farm Thrift Store on your right. Go 1/2 mile past this to CITGO Gas Station on left. Take left into the driveway that is next to the gas station (Ski Market) which goes behind the gas station. This leads to the Fitness and Tennis Club. If you reach Dunkin Donuts on left of Post Road you have gone too far. Turn around and try again.

From I-95 South take Exit 17. Go towards Westport on Riverside Ave. Take left on Sylvan Rd. to RT 1. Turn left on RT 1, (Boston Post Road which becomes Westport Ave). The club is on the left as above, with the driveway between CITGO and Ski Market.

From I-95 North take Exit 16. Turn left on East Ave to RT 1, which is Westport Ave. Turn right on RT 1. It is 1.2 miles on the right, a bit past Dunkin Donuts and Burger King. Turn right into the driveway between the Ski Market and the CITGO Car Wash.

OGTA - OLD GREENWICH TENNIS ACADEMY, 151 Sound Beach Ave, Old Greenwich - 203-637-3398

I-95 North and South - Exit 5 - Right onto Post Road. First right onto Sound Beach Avenue. Club is on right before railroad tracks.

OSAY - OLD SAYBROOK RACQUET CLUB, 99 Spring Brook Rd, Old Saybrook - 860-388-5115

Take I-95 North to Exit 67. Bottom of exit make right turn (South). At first light, left on to RT 1. Go 1/2 mile take left on to Spring Brook Road. (If you come to entrance of I-95 you have gone too far.) Pass WLIF Radio - end of road - club on left at end.

RAC - Ridgefield Athletic Club, 748 Danbury Rd, Ridgefield - 203-431-1466

Take Merritt Parkway North to exit 40, Route 7 North. Stay on Route 7 North all the way thru Wilton, and Eastern section of Ridgefield. Approximately 1 mile past intersection of Route 35 and Route 7, take a right into the club (just after the BMW Dealer).

Take Merritt Parkway South to exit 41, Route 33 towards Wilton. Stay on Route 33 until it joins Route 7 North in Wilton. Stay on Route 7 North thru Eastern section of Ridgefield. Approximately 1 mile past intersection of Route 35 and Route 7, take a right into club (just after the BMW Dealer).

SHIP - SHIPPAN RACQUET CLUB, Harbor Drive, Stamford - 203-323-3129

I-95 South to Exit 8. First light, left onto Elm Street towards Shippan Point. First light, right on to Jefferson. First light, left on to Magee. First light, right on to Harbor Drive. Club is approximately 1/2 mile on right.

I-95 North to Exit 8. At bottom of ramp, continue on service road (South State) to Canal St (first light). Make a right turn and proceed under railroad overpass. Turn left at first light onto Jefferson. Turn right at first light onto Magee. Turn right at first light onto Harbor Drive. Continue as above.

SI - STAMFORD INDOOR TENNIS CLUB, 23 Radio Place, Stamford - 203-359-0601

From I-95 North take Exit 9. End of ramp go left. Go left at light. Take the next right onto Courtland Ave. At the 3rd light, make a right onto Maple Tree Ave. Take the first right onto Radio Place. Club is straight ahead.

From I-95 South take Exit 9. Merge right onto Route 1. Take the first right onto Courtland Ave and proceed as above.

Merritt Parkway Exit 36. Take Route 106 South - a right turn from either direction. Go 3 miles to a Stop sign. Bear right staying on 106 (becomes Middlesex then Glenbrook). At first light, turn left onto Oakdale. Turn left at T onto Maple Tree Avenue. Take first right onto Radio Place. Club is at end, in view.

TCEN - TENNIS CENTRAL, 110 Bradley Road, Woodbridge, 203-389-2455

Exit 59 off the Merritt Parkway - North or South. Turn left at the end of the ramp. Go approximately ¼ mile and turn right at the light onto Bradley Road. At stop sign, turn left on Bradley and continue until you see Tennis Central on right.

TCT - TENNIS CLUB OF TRUMBULL, 61 Monroe Turnpike (Route 111), Trumbull - 203-268-3030

Take Exit 49N Danbury off Merritt Parkway (Rte 25). Go 4 miles to

light. Turn right at the light onto Rte 111. Go past Biff's Liquor Store on your left. Tennis Club is next building on the left.

TRC - TRUMBULL RACQUET CLUB, 35 Lindemann Drive, Trumbull - 203-374-8622

From Merritt Parkway north: Take Exit 48. Turn right at end of exit. At second light, turn left onto Old Town Road. Straight to third stop sign (about a mile). Turn left onto Oakview. Take first right onto Lindemann Drive. Trumbull Racquet Club is third driveway on right.

From Merritt Parkway south: Take Exit 50 (White Plains Road). Turn right at end of exit. Go straight to second light (across from firehouse). Take left onto Reservoir Avenue. Take second right onto Lindemann Drive (across from Henderson Lumber). Trumbull Racquet Club is third building on left.

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From I-95 south and north: Take 27A onto the RT 25 connector. Go straight on 25 to Exit 7. Stay to the right and follow signs for Route 127 (White Plains Road). Turn left at next light (across from firehouse) onto Reservoir Avenue. Take second right onto Lindemann Drive (across from Henderson Lumber). Trumbull Racquet Club is third building on left.

RT 25 from Monroe: Take Exit 9 (Daniels Farm Road). Turn left at end of exit. Turn right at stop sign onto Daniels Farm Road. Turn left at light (by Mobil Station) onto White Plains Road. Go right at second light (across from firehouse) onto Reservoir Avenue. Take second right onto Lindemann Drive (across from Henderson Lumber). Trumbull Racquet Club is third building on left.

WRC - WESTON RACQUET CLUB, 406 Newtown Turnpike, Weston - 203-226-3349

Merritt Parkway Exit 42. Going north, take right at end of exit. Going south, take left. Proceed on 57 North. After 3rd light (about 3 miles), Weston Center is on left. Continue on 57 about another mile to flashing light at junction of 53 and 57. Bear right onto 53. Proceed 2 to 3 miles on 53. Club is on right up on a hill. Club mailbox is on left side of road.

WTC - WESTPORT TENNIS CLUB - 1696 Post Road East, Westport - 203-255-3481

Going North on I-95 take Exit 18. Turn left at end of ramp and follow to end. At traffic light make right turn onto Post Road. Follow to the Peppermill restaurant. The club shares the same driveway as the Peppermill. Once you have turned right into the driveway follow to the right.

Going South on I-95 take Exit 19. Through stop sign to traffic light. At light make right turn onto Post Road. Continue up Post Road to the Peppermill. Turn left into driveway and then same as above.