1 1/2 HOUR TENNIS BOOT CAMP!

Drop In Rate: \$24 FC/\$32 NM Daily Class limited to 12 people per class

(NO CLASSES February 10, 17 and March 3, 17)

Class Days	Class Time	January	February	March
Wednesday	8:30-10:00am	\$105 / \$145	\$84 / \$116	\$84 / \$116
(Pro: Will)		(5 classes)	(4 classes)	(4 classes)
Saturday	9:00-10:30am	\$84 / \$116	\$42 / \$58	\$63 / \$87
(Pro: Jack)		(4 classes)	(2 classes)	(3 classes)



Drop In Rate: \$17 FC/\$22 NM PER CLASS

Cardio Tennis is a fun, group activity designed to supplement and enhance your current fitness workout. Classes are designed for all levels! Cardio Tennis includes a warm-up, cardio workout, and cool down. If you want to find a healthy, new way to get in shape and to burn calories, this is the class for you!

All Classes run for Winter Session

Class Days	Class Time	January	February	March
Tuesday	10:00-11:00am	\$75 / \$100	\$60 / \$80	\$60 / \$80
(Pro: Will)		(5 classes)	(4 classes)	(4 classes)
Tuesday	6:00-7:00pm	\$75 / \$100	\$60 / \$80	\$60 / \$80
(Pro: Jack)		(5 classes)	(4 classes)	(4 classes)

CBRC Upcoming Events

January 12, 19, 26 & February 2 Beer League! Only \$80 per person!

• February 9, 6:00-8:00pm Potluck Tennis Social — Ages 21+ with d's Wicked Cider!

February 9-11 Sweetheart Tournament

• USTA Teams: 18+ Men's February 16-18, 18 + Ladies March 2-4,

Mixed 18+ March 16-18

Make your own USTA team or join one with the help of a CBRC pro!



Adult Winter

Session I:

January 1-31

Session II:

February 1-28

Session III:

March 1-31

No program classes Jan. 1, Feb. 10, 16, 17

Mar. 2, 3, 16, 17

509-943-8416

Mobile Friendly

@www.mycbrc.com

Get Fit! Have Fun! Love Life!

Name:	Adult Program Registration Form E-Mail (W) State	[]	Return to Racque	Return to Racquet Sports Binder T-20 Cell: Class Attending:
	State	Zip		
Payment: □Charge □Cash				
□Check □Coupon				Session:
Account #:	* (Check Membership status) CBRC Member	CBRC Member	Non Club	
				Days/Time Attending:
Total:				F.D. Initials:

the club is open, classes run!

Adult Beginner

Players will learn basic technique, grips, concepts of singles & doubles play, court positioning, and general rules. This is a great class for the player who hasn't played in a while and is

wanting to get back into it. If you have never played before this is a great intro to the sport!

Drop In Rate: \$17 CBRC Member/\$22 Non Member

No Classes Feb 10, 17 and Mar 3, 17 - Register for the full session and save \$2 per class

Class Days	Class Time	January	February	March
Wednesday	6:00-7:00 pm	\$75 / \$100	\$60 / \$80	\$60 / \$80
(Pro: Jack)		(5 classes)	(4 classes)	(4 classes)
Saturday	10:30-11:30 am	\$60 / \$80	\$30 / \$40	\$45 / \$60
(Pro: Jack)		(4 classes)	(2 classes)	(3 classes)

Adult Hit Groups

This class is for the player who hits with medium pace, but is not comfortable with all strokes and still working on executing shots. The class will put an emphasis on directional control, depth, and power control. Patterns of play will be explored and the individual will continue to work on developing specialty shots.

Drop in Rate: \$17 CBRC Member/\$22 Non Member

No Classes Jan 1, Feb 10, 16, 17 and Mar 2, 3, 16, 17 - Register for the full session and save \$2 per class

Class Days	Class Time	January	February	March
Monday	10:00-11:00 am	\$60 / \$80	\$60 / \$80	\$60 / \$80
(Pro: Luke)		(4 classes)	(4 classes)	(4 classes)
Friday	10:00-11:00 am	\$60 / \$80	\$45 / \$60	\$45 / \$60
(Pro: Jack)		(4 classes)	(3 classes)	(3 classes)
Saturday	12:00-1:00 pm	\$60 / \$80	\$30 / \$40	\$45 / \$60
(Pro: Jack)		(4 classes)	(2 classes)	(3 classes)

50 & Fit—Ages 50 + to get you moving!

Cost Per Clinic \$7 FC / \$11 NM

(No class January 1st)

Class Days	Class Time	January	February	March
Monday	12:00-1:00 pm	\$28 / \$44	\$28 / \$44	\$28 / \$44
(Pro: Luke)		(4 classes)	(4 classes)	(4 classes)

Our staff at CBRC does its best to offer classes and times that fit your schedule, but we understand this won't fit for everyone. If you are looking for a USTA group lesson, want to join an group lesson that is already going, need information about private lessons, would like a video lesson, or need help in any other way please feel free to contact CBRC Tennis at (509) 943-8416!