

2019 ADULT TENNIS

Summer Tennis Program Schedule



Summer Session Dates

June 17—August 24

(No Group Classes June 21-23, July 1-7)

509-943-8416

Mobile Friendly

@www.mycbrc.com

Adult Beginner I

Class Days	Class Time	Summer Session
Wednesday Pro: Thomas	6:00-7:00 pm	\$135 / \$180 (9 classes)
Saturday Pro: Jana	10:00-11:00 am	\$120 / \$160 (8 classes)

In beginner I, players will learn basic technique, grips, concepts of singles & doubles play, court positioning, and general rules. If you have never played before this is a great intro to the sport! We recommend two to four sessions of level I before you move to level II.

In beginners II, we add in a lot more live ball play while still focusing on technique. Footwork now becomes important as well as keeping score. Great for player who hasn't played in a while and is wanting to get back into it.

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

Adult Beginner II

Class Days	Class Time	Summer Session
Wednesday Pro: Thomas	7:00-8:00 pm	\$135 / \$180 (9 classes)



Class Days	Class Time	Summer Session
Tuesday Pro: Thomas	9:00-10:00am	\$135 / \$180 (9 classes)
Tuesday Pro: Thomas	6:00-7:00pm	\$135 / \$180 (9 classes)
Thursday Pro: Jana	7:30-8:30am	\$135 / \$180 (9 classes)
Saturday Pro: Jana	7:30 - 8:30am	\$120 / \$160 (8 classes)

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!

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

50 & Fit Tennis Class

Class Days	Class Time	Summer Session
Monday Pro: Luke	12:00-1:00pm	\$90 / \$135 (9 classes)

A Tennis Ages 50 + to get you moving! Want to run? No problem! Want to work on forehands? We can help with that! Luke runs this class based off the group of players that join him! In order for this class to run we need a minimum of 4 people to register for the summer. No drop in rate, please sign up!

