#### **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	6:00-7:00 pm	\$135 / \$180	
Pro: Thomas		(9 classes)	
Saturday	10:00-11:00 am	\$120 / \$160	
Pro: Jana		(8 classes)	

**Adult Beginner II** 

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



Class Days	Class Time	Summer Session		
Tuesday	9:00-10:00am	\$135 /\$180		
Pro: Thomas		(9 classes)		
Tuesday	6:00-7:00pm	\$135 / \$180		
Pro: Thomas		(9 classes)		
Thursday	7:30-8:30am	\$135 / \$180		
Pro: Jana		(9 classes)		
Saturday	7:30 - 8:30am	\$120 / \$160		
Pro: Jana		(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	12:00-1:00pm	\$90 / \$135	
Pro: Luke		(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!

## **Adult Hit Groups**

Class Days	Class Time	Summer Session	
Monday	9:00-10:00 am	am \$135 / \$180	
Pro: Luke	(9 classes)		
Friday	8:00-9:00am	\$120 / \$160	
Pro: Jana		(8 classes)	

This class is designed to work on executing shots, play positions of the court and read the progression of the points. The class will put an emphasis on directional control, depth, and power control.

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

# I 1/2 HOUR TENNIS BOOT CAMP!

Class Days	Class Time	Summer Session	
Monday	7:00-8:30pm	\$202.50 / \$261	
Pro: Thomas	Thomas (		
Wednesday	8:30-10:00am	\$202.50 / \$261	
Pro: Luke		(9 classes)	
Thursday	8:30-10:00am	\$202.50 / \$261	
Pro: Jana		(9 classes)	
Thursday	6:00-7:30pm	\$202.50 / \$261	
Pro: Jana		(9 classes)	
Saturday	8:30-10:00am	\$180 / \$232	
Pro: Jana		(8 classes)	

Boot Camp is a hitting class for 3.0+ levels that will work on specific shots. The class will have a lot of competitive points that will be both half court or full court depending on the number of people. Drills will vary week to week but will be primarily doubles based and focused on a transition game.

Drop In Rate: \$25 Member/ \$33 Non Member

# **Upcoming Events**

June 21-23 - USTA Ladies 40+

June 28 - MCTA Tennis Fundraiser & Social

July 18 - Play For A Cure

August 9 - Member Appreciation party

Our staff at CBRC does its best to offer classes and times that fit your schedule, but we understand it won't work for everyone. Please feel free to contact CBRC Tennis at (509) 943-8416 to help you find a lesson that works for you!

Name:		Adult Program Registration Form  E-Mail:				There are no refunds given if you miss a class	
Phone #'s:(H)				Cell:		We do understand that weather and family	
Address: Payment:	City  Charge Cash Check Coupor	State	Zip		Class Attending:	emergencies happen, and we will do our best to work with you! If	
Account #:		* (Check Membership status)	CBRC Member	Non Club	Session: Days/Time Attending:	the club is open, classe run! We can Pro-rate if you are joining the clas	
Total:					F.D. Initials:	late or know if you will be missing some dates.	