

ADULT TENNIS - Fall 2019



November 1—December 21

No Group Classes November 28 –December 1. & December 22 though January 5

Contact us at 509-943-8416 Mobile Friendly www.mycbrc.com

Adult Beginner I

Class Days	Class Time	Fall Session
Wednesday Pro: Will	6:00-7:00 pm	\$90 / \$120 (6 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!

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



Class Days	Class Time	Fall Session
Tuesday Pro: Jana	9:00-10:00 am	\$105 / \$140 (7 classes)

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	Fall Session
Monday Pro: Luke	12:00-1:00pm	\$70 / \$115 (7 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!

Technique Class - Volleys

Class Days	Class Time	Fall Session
Monday Pro: Luke	11:00-12:00pm	\$105 / \$140 (7 classes)
Tuesday Pro: Will	6:00-7:00pm	\$105 / \$140 (7 classes)
Wednesday Pro: Will	10:00-11:00am	\$105 / \$140 (7 classes)

3 weeks of Forehand Focus

3 weeks of Backhand Focus

1 week of Footwork Focus

All Levels are welcome because we will not have a lot of live ball hitting. We will be working on grips, body position, strike zones, spin and loading to hit the ball.

Serve & Return Class

Class Days	Class Time	Fall II Session
Saturday Pro: Jana	1:00-2:00pm	\$90 / \$120 (6 classes)

A class to focus on the two most important shots in tennis. The serve and return! Jana will go over footwork, body positioning, reading the serve, disguising the serve, ball toss, body rotation and much much more. Sign up today!

Adult Hit Groups

Class Days	Class Time	Fall II Session
Monday Pro: Luke	10:00-11:00 am	\$105 / \$140 (7 classes)
Friday Pro: Jana	10:00-11:00am	\$90 / \$120 (6 or 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

1 1/2 HOUR TENNIS BOOT CAMP!

Class Days	Class Time	Fall II Session
Wednesday Pro: Luke	8:30-10:00am	\$157.50 / \$203 (7 classes)
Saturday Pro: Jana	9:00-10:30am	\$135 / \$174 (6 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

Singles Strategy

Class Days	Class Time	Fall II Session
Saturday Pro: Jana	10:30-11:45am 1.25Hours	\$112.50 / \$150 (6 classes)

Back again by popular demand. Talk strategies, recovery positions, how to play off of your serve and much more! Jana will take you through her thoughts on singles strategy. Recommended for 3.5+ players.

Drop In Rate: \$21 Member/ \$27 Non Member

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!

Adult Program Registration Form Return to Racquet Sports Binder

Name: _____ E-Mail: _____

Phone #'s:(H) _____ (W) _____ Cell: _____

Address: _____
City State Zip

Payment: Charge Cash
 Check Coupon

Class Attending: _____

Session: _____

Account #: _____ * (Check Membership status) CBRC Member Non Club

Days/Time Attending: _____

Total: _____

F.D. Initials: _____

There are no refunds given if you miss a class. We do understand that weather and family emergencies happen, and we will do our best to work with you! If the club is open, classes run! We can Pro-rate if you are joining the class late or know if you will be missing some dates.