

# Adult Tennis Program

## Winter I Jan. 6-Feb. 29



No Group Classes February 7, 8, 15, 28 & 29

Contact us at 509-943-8416 Mobile Friendly [www.mycbrc.com](http://www.mycbrc.com)

### Adult Beginner I

Class Days	Class Time	Winter Session
Wednesday Pro: Will	6:00-7:00 pm	\$128 / \$168 (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!

Drop-In Rate: **\$18 CBRC Member / \$23 Non-Member**

### 50 & Fit Tennis Class

Class Days	Class Time	Winter Session
Monday Pro: Luke	12:00-1:00pm	\$80 / \$120 (8 classes)

For ages 50 + to keep 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. No drop-in rate, but please sign up!

### Technique Class - Serving

Class Days	Class Time	Winter Session
Monday Pro: Luke	11:00-12:00pm	\$128 / \$168 (8 classes)
Tuesday Pro: Will	6:00-7:00pm	\$128 / \$168 (8 classes)
Wednesday Pro: Will	10:00-11:00am	\$128 / \$168 (8 classes)

Learn the correct way to hold the ball, how to toss the ball, the grip, rotation, string drop, and racquet flick. We will spend 8 weeks going over the each step of the serve.

All levels are welcome because we will not have a lot of live ball hitting. We will be starting with one idea each day and progressing from there.

Drop-In Rate: **\$18 CBRC Member / \$23 Non-Member**

### Consistency Class

Class Days	Class Time	Winter Session
Saturday Pro: Jana	1:00-2:00pm	\$80 / \$105 (5 classes)

Consistency Kills! That outlasting mentality is what you need to develop your strokes into a habit. Jana is here to help! Move your feet, prep, and keep it in. Learn how to get more balls in play with this class.

Drop-In Rate: **\$18 CBRC Member / \$23 Non-Member**

### Adult Hit Group

Class Days	Class Time	Winter Session
Monday Pro: Luke	10:00-11:00 am	\$128 / \$168 (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: **\$18 CBRC Member / \$23 Non Member**

**ALL CLASSES NEED 4 REGISTERED PARTICIPANTS TO RUN**

## 3.0 Doubles Strategy

Class Days	Class Time	Winter Session
<b>Tuesday</b> Pro: Jana	10:00-11:00 am	\$128 / \$168 (8 classes)
<b>Friday</b> Pro: Will	12:30-1:30 pm	\$96 / \$126 (6 classes)

This class is designed to work on learning the progression of the point, stick to or move positions on the court and read the progression of the ball through point play.

Drop-In Rate: **\$18 CBRC Member / \$23 Non-Member**

## 1-1/2 HOUR TENNIS BOOT CAMP!

Class Days	Class Time	Winter Session
<b>Wednesday</b> Pro: Luke	8:30-10:00am	\$192 / \$252 (8 classes)
<b>Saturday</b> Pro: Jana	9:00-10:30am	\$120 / \$157.50 (5 classes)

Boot Camp is a hitting class for 3.0+ levels that will work on specific shots. Drills will vary week to week but will be primarily doubles-based and focused on a transition game, with a lot competitive points.

Drop-In Rate: **\$27 Member / \$34 Non-Member**

## 3.5 + Doubles Strategy

Class Days	Class Time	Winter Session
<b>Saturday</b> Pro: Jana	10:30-11:45am 1.25Hours	\$100 / \$131.25 (5 classes)

Talk strategies, various court and recovery positions, how to play off of your serve and much more! Jana will take you through her thoughts on doubles strategy. This class is for USTA Tournament players that are rated 3.5+.

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

## Extreme Cardio - Level 11

Class Days	Class Time	Winter Session
<b>Friday</b> Pro: Jana	10:00-11:00	\$96 / \$126 (6 classes)

Take your tennis fitness to the next level! Use this class to develop the stamina you need to endure long tennis matches with this ultimate full-body and calorie-burning workout. All levels are welcome, but be prepared to work.

Drop-In Rate: **\$18 CBRC Member / \$23 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 contact CBRC Tennis at (509) 943-8416 to find a lesson that's right 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.