

Adult Tennis Program

Winter II March-April 2020



Contact us at 509-943-8416 www.mycbrc.com Facebook: CBRC Tennis

Adult Beginner I

Class Days	Class Time	Fall Session
Wednesday Pro: Will	6:00-7:00 pm	\$144 / \$189 (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!

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

50 & Fit Tennis Class

Class Days	Class Time	Fall Session
Monday Pro: Luke	12:00-1:00 pm	\$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! Please pre-register!

Drop-In Rate: **\$10 Member / \$15 Non-Member**

Technique - Groundstrokes

Class Days	Class Time	Fall Session
Monday Pro: Luke	11:00-12:00 pm	\$144 / \$189 (9 classes)
Tuesday Pro: Will	6:00-7:00 pm	\$144 / \$189 (9 classes)
Wednesday Pro: Will	10:00-11:00 am	\$144 / \$189 (9 classes)

All levels are welcome. Focus will be on mechanics: grips, body positioning, strike zones, spin, and loading to hit the ball. 3 weeks of forehands, 3 weeks of backhands, 3 weeks of movement.

Must have 4 people registered in this class for it to run.

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

Adult Hit Group

Class Days	Class Time	Fall II Session
Monday Pro: Luke	10:00-11:00 am	\$144 / \$189 (9 classes)

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

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

CBRC Upcoming Events

Feb. 28-March 1

USTA Women's 18+

March 6-27

Beer League (Friday)

April 4

CBRC Prosser Wine Bus

May 29-30

WIAA 4A High School State Championships

ALL CLASSES NEED 4 REGISTERED PARTICIPANTS TO RUN

3.0 Doubles Strategy

Class Days	Class Time	Fall Session
Tuesday Pro: Jana	10:00-11:00 am	\$144 / \$189 (9 classes)
Friday Pro: Will	12:30-1:30 pm	\$128 / \$168 (8 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 Member / \$23 Non-Member**

1-1/2 HOUR BOOT CAMP!

Class Days	Class Time	Fall II Session
Wednesday Pro: Luke	8:30-10:00 am	\$216 / \$283.50 (9 classes)
Saturday Pro: Jana	9:00-10:30 am	\$192 / \$252 (8 classes)

Boot Camp is a hitting class for 3.0+ levels that will work on specific shots—overheads, lobs, volleys, transitions, etc. The class will have a lot of competitive points, 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: **\$27 Member / \$34 Non-Member**

Consistency Class

Class Days	Class Time	Fall Session
Saturday Pro: Jana	10:30-11:30 am	\$128 / \$168 (8 classes)

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 the ball IN. Learn how to get more balls in play with this class. Remember: Consistency kills!

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

The staff at CBRC does its best to offer classes and times that fit your schedule, but we understand it doesn't work for everyone. Please contact CBRC Tennis at (509) 943-8416 to find a lesson time that's right for you. If you have an idea for a class you'd like to see, please let us know!

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.