

Adult Tennis Program



Fall Session 2, Oct. 19-Nov. 30



WELCOME BACK! We missed you!



Adult Hit Group

This is a fun-filled group to work on skills, fitness, and real-time play development. You will work on executing shots, court positions, and how to read progression of the point. Power, depth, & directional control will be emphasized.

Class Days	Class Time	Fall 2 Session
Wednesday Pro: Jana	10:00-11:00AM	\$120/\$168 (6 classes)

90-MINUTE *BOOT CAMP!*

Fast-track your fitness and improve your doubles shot-making skills! You'll hit a ton of balls with lots of competitive and fun, fast-paced drills. *Boot Camp!* is designed to elevate your doubles game and improve your tactical and strategic knowledge.

Class Days	Class Time	Fall 2 Session
Wednesday Pro: Jana	8:30-10:00AM	\$180/\$252 (6 classes)
Saturday Pro: Jana	9:00-10:30AM	\$180/\$252 (6 classes)

Adult Beginners

Class Days	Class Time	Fall 2 Session
Wednesday Pro: Jana	7:00-8:00 pm	\$100/\$140 (5 classes)

It's never too late to "brush up" on your strokes or learn to play the sport of a lifetime for the first time! Each class will focus on a different stroke. You'll learn the correct grips & techniques for the 5 basic strokes--forehand, backhand, volley, serve, and overhead--along with learning consistency and the general rules of the game. Towards the end of each lesson, you will apply what you've learned to some fun, competitive games. Develop a solid foundation today and learn to play for a lifetime!

MUST PRE-REGISTER FOR ALL CLASSES. NO DROP-INS AT THIS TIME.

Online registration is available at mycbrc.com/tennis/adult-group-lessons/.

ALL CLASSES NEED MINIMUM 3 REGISTERED PARTICIPANTS TO RUN.

REGISTRATION FORM ON BACK

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 us 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!

Upcoming Events

November 27	2nd Annual Turkey Burn! <i>Sign-up in the Tennis Center</i>
December 21-23	Junior Holiday Camp <i>Details to come</i>
December 28-30	Adult Holiday Camp <i>Details to come</i>
January 29-31	USTA Women's 18 & Over (Tri-Cities)
February 12-14	Sweetheart Tournament, CBRC
February 26-28	USTA Men's 18 & Over (Tri-Cities)
March 19-21	USTA Women's 55 & Over (Tri-Cities)
March 26-28	USTA Men's 55 & Over (Spokane)

JUNIOR & ADULT PRIVATE LESSONS AVAILABLE!

Contact Michael or Jana in the Tennis Center for days & times.



ADULT GROUP CLASS Registration Form

Please return to the TENNIS DEPARTMENT

Name: _____ E-Mail: _____

Phone: (H) _____ (W) _____ Cell: _____

Address: _____

City

State

Zip

Payment: Charge Cash

Check Coupon

Class Attending: _____

Days/Time Attending: _____

Session: **FALL 2**

Account #: _____ Please Circle: CBRC Member Non-Member

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.