



JUNIOR DEVELOPMENT TENNIS PROGRAM AT CBRC HEALTH & FITNESS



JUNIOR DEVELOPMENT PROGRAM

Tennis is considered the sport for a lifetime. The CBRC Junior Tennis Development Program covers the entire spectrum so all junior players can learn to love the game for life! The focus is on fun, cooperation, and teamwork, all while developing the skills to allow for confident, consistent play at every level.



CBRC HEALTH & FITNESS

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 CBRCTennis

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PATHWAYS TO SUCCESS

GROUP CLASSES



RED BALL (AGES 6-8)

Students with very little to no experience will learn basic skills. Focus is on fun and movement using catch-ing and throwing games, and simple drills. Players learn correct form as well as how to rally, serve, score, and play points on a 36' court. Court size: 36' Racquet size: 19-23"

ORANGE BALL (AGES 8-10)

Focus is on more consistency and adapting to a larger playing area. Players refine technique, directional control and movement, with more attention on the serve and return in preparation for match play. Court size: 60' Racquet size: 23-25"

GREEN BALL (AGES 10-12)

Players are challenged by the demands of covering a full-sized court and focus on strategy and tactics as well as offense and defense. Technique continues to be refined, along with match play, in preparation for Yellow Ball classes. Court size: 78' Racquet size: 25-26"

YELLOW 1 BEGINNERS (AGES 11 & OLDER)

For those looking to get started in tennis in the middle school years, this class introduces all of the basic skills to prepare for more advanced instruction. Players will also learn how to rally, serve, score, and play points. Court size: 78' Racquet size: 27"

YELLOW 2 VARSITY DEVELOPMENT (7TH-12 GRADE)

For those looking to get started in tennis in the middle school years, this class introduces all of the basic skills to prepare for more advanced instruction. Players will also learn how to rally, serve, score, and play points. Court size: 78' Racquet size: 27"

YELLOW 3 TOURNAMENT TRAINING (AGES 12-H.S.)

For the tournament player or higher-level varsity player, this class continues refinement of technical ability while also emphasizing consistency, footwork, fitness, and goal setting. Match play is a priority with a focus on strategy, patterns of play, and developing rituals. Court size: 78' Racquet size: 27"



JANA NEJEDLY-RHODES
CBRC TENNIS DIRECTOR

Jana brings a wealth of 20+ years of teaching coaching experience in Boston, Florida, and around the PNW to CBRC. She spent 10 years on the WTA professional tour and held a singles ranking as high as #64 in the world on the pro tour. She played in all 4 Grand Slam events and was a member of the Canadian Olympic & Fed Cup (now Billie Jean King Cup) teams. Her teaching and playing experience is unmatched in the Pacific Northwest.

PRIVATE LESSONS

PRICING SHOWN AS MEMBER/NON-MEMBER

Prices effective 3/1/24. Subject to change.

INDIVIDUAL LESSONS

One student, one pro

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|-------------|-------------|
| 1/2 hour | \$39/\$49 |
| 1 hour | \$68/\$78 |
| 1-1/2 hours | \$102/\$117 |
| 2 hours | \$136/\$156 |

PRIVATE GROUP

Price per person

| | |
|--------------------|-----------|
| 1/2 hour, 2 people | \$24/\$30 |
| 3/4 hour, 2 people | \$30/\$36 |

1 HOUR LESSON

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|-----------|-----------|
| 2 people | \$37/\$45 |
| 3 people | \$27/\$34 |
| 4 people | \$22/\$29 |
| 5 people | \$19/\$26 |
| 6+ people | \$17/\$24 |

1-1/2 HOUR LESSON

| | |
|-----------|-----------|
| 2 people | \$56/\$66 |
| 3 people | \$41/\$49 |
| 4 people | \$33/\$40 |
| 5 people | \$28/\$35 |
| 6+ people | \$25/\$31 |



CBRC TEACHING PROS

Patti Kirch

Patti has been at CBRC for 25+ years and has been running the Sporthaus Sweet Spot Open for over 10 years. Patti grew up in Canada and played college tennis at Iowa State University. In her free time, she loves to craft and ski.

Luke Thompson

Luke started playing tennis at CBRC at age 2. He grew up in the program and by the age of 10, he was competing nationally and would reach a top 30 national doubles ranking at 14. Luke played varsity tennis at Hanford High School for 4 years and went on to play D1 college tennis at Eastern Washington University. He has taught at CBRC since he was in high school and continues to teach while attending WSU-TC to complete a psychology degree. His favorite hobby? Tennis, and he competes in tournaments as much as he can. Luke is very involved with his church and enjoys fishing, reading, playing video games, and is a very mediocre surfer.

Rob Knox

Rob, along with his wife Judy and kids Jake, Molly, and Kasey, has been a fixture in the Tri-Cities & Pacific Northwest tennis scene for decades as a coach and player. Rob played tennis at the University of Idaho and went on to play professionally in satellite tournaments in New Zealand and Australia, including the Australian Open before returning to Richland and establishing his career as a teaching professional.

Jason Chapman

Jason and his family recently moved to the Tri-Cities from Spokane. His extensive resume includes 4 years of college tennis at Eastern Washington University, then moving on to become the Head Tennis Pro at Robinswood Tennis Center in Bellevue for 20 years. He coached the women's tennis team at Bellevue College for 21 years and the men's team for 5 years. Most recently, Jason spent the last 4 years as the Girls Tennis Coach at Gonzaga Prep in Spokane. Jason is also the USTA PNW Regional League Coordinator for Eastern Washington & Southern Oregon.

