

# CBRC TENNIS JUNIOR DEVELOPMENT AND ADULT GROUP CLASSES



## Early Spring Session, March 3-April 26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>YELLOW 2/3</b> 3:30-5PM \$175/\$217	<b>ADULT 3.5+ DOUBLES STRATEGY</b> 11:30AM-1PM \$175/\$217	<b>YELLOW 2/3</b> 3:30-5PM \$175/\$217	<b>GREEN BALL/ YELLOW 1</b> 5-6PM \$119/\$161	<b>ADULT 2.5/3.0 DRILL AND PLAY</b> 11:30AM-1PM \$125/\$155	<b>ADULT 3.5+ BOOT CAMP!</b> 9-10:30AM ON HIATUS TFN 😊	<b>ADULT 3.0-4.0 MIXED DOUBLES</b> 4-6PM FREE!
<b>RED BALL</b> 5-6PM \$119/\$161	<b>*JUNIOR PREP TEAM</b> 3:30-4:45PM (BY INVITATION ONLY) \$147/\$189	<b>ADULT DOUBLES LEAGUES</b> 6-7:30PM MEN: MARCH WOMEN: APRIL		<b>YELLOW 2/3</b> 3:30-5PM \$100/\$124		<b>THIS IS A MEMBER-RUN GROUP.</b> CONTACT CAROL AT TULIPSPRINGS (AT) AOL.COM TO GET ON THE LIST.
	<b>ORANGE BALL</b> 4-5PM \$119/\$161					
	<b>GREEN BALL/ YELLOW 1</b> 5-6PM \$119/\$161					
	<b>ADULT TECHNIQUE CLASS</b> 6-7PM \$119/\$161					



**CLASS DESCRIPTIONS ON BACK. ALL CLASSES ARE 7 WEEKS EXCEPT FOR THE FRIDAY CLASSES (5 CLASSES, NO CLASS 3/14, 4/4, 4/25; YELLOW 2/3, 4 CLASSES (NO CLASS 3/7, 3/14, 4/4, 4/25). NO CLASSES DURING SPRING BREAK 3/31-4/5.**

Register for programs through the MyCBRC app or at the Front Desk. Classes may be prorated for pre-arranged absences. All classes must have a minimum of 4 students to run. No refunds for missed classes. Make-up classes are available within the session if class is offered on a different day.



# JUNIOR DEVELOPMENT 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 catching 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. (*Class may be combined with Yellow 1. Check schedule for more information.*) Court size: 78' Racquet size: 25-26"

**YELLOW 1:** Ages 11-14. Beginning tennis for those in middle school through 9th grade, 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. (*Class may be combined with Green Ball. Check schedule for more information.*) Court size: 78' Racquet size: 27"

**YELLOW 2/3:** 7th-12th Grade. For middle school and early JV high school players who have had previous instruction. Continued technical development and refinement with emphasis on movement, strategy, consistency, footwork, strategy, patterns of play, and match play. Lots of doubles! Court size: 78' Racquet size: 27"

**PREP TEAM:** Our introductory junior team. Yellow 2/3 level or just starting to play Level 6 USTA tournaments. Must be able to play matches; has good knowledge of all strokes & correct grips; conditioning to prepare players for tournament; match play for ladder positions on team.

**HIGH SCHOOL HIT GROUP:** 2nd highest junior level at CBRC. Currently playing on a high school team; focus on singles/doubles drills to prepare for high school tennis; conditioning to prepare players for tournaments; match play for ladder positions on team. **ON HIATUS UNTIL SUMMER SESSION.**

**ELITE TEAM:** By invitation only. Highest junior level at CBRC. Currently playing Level 5 or higher USTA tournaments; must be able to execute all strokes using correct grips, understand and execute spin and ball placement, possess a reliable serve & return; conditioning to prepare players for tournaments; match play for ladder positions on team. **ON HIATUS UNTIL SUMMER SESSION.**

## ADULT GROUP CLASSES

**3.5+/4.0 DOUBLES STRATEGY** Doubles strategy class for players who currently have an active 3.5-4.0 NTRP rating. Learn advanced doubles strategy through drills & live point play. Jason will cover the "I" and Australian doubles formations, serve & volley, poaching, moving together with your partner, and how to use hand signals. **You are responsible for finding a sub if you are unable to make a class.**

**TECHNIQUE CLASS** New technical focus every 4 weeks. In this session, you will start with working on **VOLLEYS & OVERHEADS**. In sessions where focus is on groundstrokes, students are fed balls via the ball machine which allows for personal instruction. This class is open to all levels.

**2.5/3.0 DRILL & PLAY** Repetition and technique for the first half of each class, live ball play for the second half.

**BOOT CAMP! FOR 3.5 & HIGHER** Fast-track your fitness and improve your doubles shot-making skills. Boot Camp! is a competitive, fun, fast-paced 90-minute class for higher-level players. **ON HIATUS TFN.**

**DON'T SEE A CLASS THAT YOU'D LIKE TO TAKE?** Please let the Tennis Department know that you're interested in a class! We would love to hear your suggestions.

**PRIVATE, SEMI-PRIVATE, AND SMALL GROUP LESSONS ARE AVAILABLE.**