

Welcome to the CBSC Tennis Program!

For this commemorative 100th year, the CBSC Tennis Committee and Coaches are excited to offer a summer program of progressive tennis lessons, fun tennis activities and club tournaments for players of all ages and skill levels.

RED BALL 6 & Under

This program introduces foundational skills using oversized, low-compression balls on a smaller court. Classes are 30 min. Minimum age is 4. Fee: \$45/month.

RED BALL 8 & Under

Children will be introduced to serve, rally and score. Classes are 60 min. Fee: \$85/month.

ORANGE BALL 10 & Under

Players play on a 3/4 sized court

with low-compression balls. Classes are 60 min. Fee: \$85/month.

GREEN DOT 12 & Under

Players play on a full-sized court with low compression balls. Classes are 60 min. Fee: \$85/month.

REGULAR BALL 18 & Under

Players play on full sized courts with regular balls to build their fundamental skills in a more developmental environment.

Classes are 60 min. Fee: \$85/month.

HIGH PERFORMANCE 11-18 yrs

For the more advanced player who play year-round at a club, tournament or high school level. Classes are 90 min. Fee: \$125/month.

TENNIS LEADERS (13+)

This summer-long program caters to players interested in becoming future CBSC tennis coaches. Participants will be introduced to coaching and get hands on

experience. They are encouraged to sign-up for the High Performance class. Fee: \$100/summer.

ADULT LESSONS (16+)

CBSC programs are Mondays and Thursdays. **Beginners fee:** (\$45 one day a week; \$85 two days a week) Classes are 60 min. **Intermediate fee:** (\$65 one day a week; \$125 two days a week) Classes are 90 min.



**LEADERS
INFO SESSION**
2.30PM
TUESDAY
JULY 3RD

ALL KIDS LESSONS RUN MONDAY/THURSDAY OR TUESDAY/FRIDAY. ALL ADULT CLASSES RUN MONDAY AND/OR THURSDAY.

COURT 1

Red Ball 6 & Under - 30 min
10am, 10.30am, 11am, 11.30am, 1pm, 1.30pm, 2pm, 4pm, 4.30pm

Red Ball 8 & Under - 60 min classes
10am, 11am, 1pm, 2pm, 4pm

Orange Ball 10 & Under - 60 min classes
9am

2.30pm Tennis Leaders

Delta Valley Junior League practice
3pm Tuesday/Friday. Games Wednesday.

Adult Classes
16+ Mon & or Thurs
6pm Beginners 60 min
7pm Intermediate - 90 mins

COURT 2

Orange Ball 10 & Under - 60 min classes
9am, 10am, 11am, 1pm, 2pm, 4pm

Green Dot - 12 & Under Ball - 60 min classes
3pm Mon/Thursday

Delta Valley Junior League practice
3pm Tuesday/Friday. Games Wednesday.

Adults Classes
16+ Mon &/or Thurs
6pm Beginners - 60 min
7pm Intermediate - 90 mins

COURT 3

Green Dot 12 & Under Ball - 60 min classes
9am, 10am, 11am, 4pm

HP Junior / Senior - 90 min classes
Senior 14+ 1pm
Junior 11+ 2.30pm

Adults Classes
16+ Mon &/or Thurs
6pm Beginners - 60 min
7pm Intermediate - 90 mins

**DROP IN
ADULT
BEGINNER/
INTERMEDIATE
PLAY
SUN 2-4PM**

COURT 4

Green Dot 12 & Under Ball - 60 min classes
10am
Reg ball
9am, 11am, 4pm

HP Junior / Senior - 90 min classes
Senior 14 + 1pm
Junior 11+ 2.30pm

Adults Classes
16+ Mon &/or Thurs
6pm Beginners - 60 min
7pm Intermediate - 90 mins

2018 TENNIS COACHING STAFF

Levi Chapman, Riel Tetreault, Asher Chapman, Enrique Patuel, Kamryn Apelo Cruz, Leo Brown, Liam Kolousek, Matthew O'Leary and Reesa Osing.