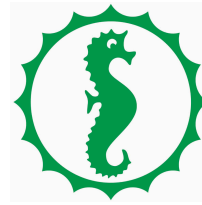




# WELCOME TO THE 2019 TENNIS PROGRAM AT CBSC!



This year, the CBSC Tennis Committee & 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 8 & UNDER

This program introduces foundational skills using oversized, low-compression balls on a smaller court. Players 4 years and older learn basic rally, serve and net-play skills along with fun activities that build tennis coordination.

Players 4 - 6 yrs. Classes are 25 min. 2 x per week.

**Fee: \$45/month**

Players 6 - 8 yrs. Classes are 55 min. 2 x per week.

**Fee: \$90/month**

## ORANGE BALL 10 & UNDER

Players play on a 3/4 sized court with low-compression balls. They focus on learning the fundamentals for rallying, including grip, set-up, impact and recovery. Players also develop the 'toss' feeling on their serve and a 'catch' feeling on volleys.

Classes are 55 min. 2 x per week

**Fee: \$90/month**

## GREEN DOT 12 & UNDER

Players play on a full sized court with low-compression balls. They develop ball control skills for rallying, serving and volleying by controlling height, distance, direction, speed and spin.

Players will work on decision-making

and learn how to implement tactics.

Classes are 55 min. 2 x per week.

**Fee: \$90/month**

## PRIVATE LESSONS (ALL AGES)

CBSC offers private or semi-private lessons.

Contact the Head Coach for details & pricing.

## REGULAR BALL

Players play on full sized courts with regular balls to build their fundamental skills in a more developmental environment. Course will focus on grip, set-up, impact, hitting zone and recovery.

Classes are 55 min. 2 x per week.

**Fee: \$90/month**

## HIGH PERFORMANCE 14-18 YRS.

For the more advanced player who plays year-round at a club, tournament or high school level.

Players will further develop technical, tactical, physical and mental skills. Classes are 85 min. 2 times per week.

**Fee: \$130/month**

## CBSC TENNIS JUNIOR LEAGUE

The Delta Valley Junior League has been around for 30+ years and is a mixed league for junior tennis players from clubs across the Fraser Valley. All team members must be 15+ and enrolled in tennis lessons at the club. Matches are Wednesday mornings. CBSC will host 4 matches and 4 will be played at other clubs.

## TENNIS LEADERS (15+)

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. Volunteering is required for this program.

**Fee: \$100/Summer**

**Leaders Meeting: July 2 at 2.30 pm**

## ADULT LESSONS (16+)

CBSC will offer adult lessons Mondays and Wednesdays (sign-up for one or both days). Basic lessons are offered for Beginners 6-7pm.

Intermediate & High Performance lessons are 7-8.30pm. Beginners are encouraged to sign-up for both Monday and Wednesday.

Beginners Class : Mon. or Wed. (60 minutes)

**Fee: \$45/month**

Int. or Adv. Class: Mon. or Wed. (90 minutes)

**Fee: \$65/month**

### COURT ONE

#### ADULT CARDIO CLASSES

16+ Tuesday/Thursday

7.45 am-8.45 am

#### RED BALL 6 & UNDER (25 minutes)

9 am, 9.30 am, 10 am, 10.30 am, 11 am, 11.30 am, 1 pm, 1.30 pm, 4 pm, 4.30 pm

#### RED BALL 8 & UNDER (55 minutes)

9 am, 10 am, 11 am, 1 pm, 4 pm

#### ORANGE BALL 10 & UNDER (55 minutes) 2 pm

#### GREEN DOT 12 & UNDER (55 minutes) 3 pm

#### ADULT CLASSES

16+ Monday and Wednesday

6 pm Beginners (60 minutes)

7 pm Intermediate (90 minutes)

### COURT TWO

#### ADULT CARDIO CLASSES

16+ Tuesday/Thursday

7.45 am-8.45 am

#### ORANGE BALL 10 & UNDER (55 minutes)

9 am, 10 am, 11 am, 1 pm, 2 pm, 4 pm

#### GREEN DOT 12 & UNDER (55 minutes) 3 pm

#### ADULT CLASSES

16+ Monday and Wednesday

6 pm Beginners (60 minutes)

7 pm Intermediate (90 minutes)

## ADULT CARDIO DRILLS (16+)

Looking to burn calories and & interact with others outside of the gym? Cardio Tennis is a high-energy fitness activity that combines the best features of the sport of tennis with cardio-vascular exercise, delivering the ultimate, full body, calorie-burning aerobic workout. It is a very social and fun class for new and advanced tennis players alike!

Tues and/or Thurs 7:45-8:45 am!

**Fee: \$45/month** (1 x per week)

**\$90/month** (2 x per week)

### COURT THREE

#### GREEN DOT 12 & UNDER (55 minutes)

9 am, 10 am, 3 pm

#### REGULAR BALL (55 minutes) 11 am, 4 pm

#### HP JUNIOR / SENIOR (90 minutes)

Senior 15+ 1 pm

Junior 13+ 2.30 pm

#### ADULT CLASSES

16+ Monday and Wednesday

6 pm Beginners (60 minutes)

7 pm Intermediate (90 minutes)

### COURT FOUR

#### GREEN DOT 12 & UNDER (55 minutes)

9 am, 10 am, 3 pm

#### REGULAR BALL (55 minutes) 11 am, 4 pm

#### HP JUNIOR / SENIOR

(90 minutes)

Senior 15+ 1 pm

Junior 13+ 2.30 pm

#### ADULT CLASSES

16+ Monday and Wednesday

6 pm Beginners (60 minutes)

7 pm High Performance (90 minutes)

**NOTES:** No adult classes on Wednesday, July 3.

Players' age for all lessons and tournaments is as of 12/31/19

**PLEASE NOTE: ALL KIDS LESSONS RUN MONDAY/THURSDAY OR TUESDAY/FRIDAY.**

**2019 TENNIS COACHING STAFF:** LEVI CHAPMAN, HEAD COACH; ASHER CHAPMAN, ASSISTANT HEAD COACH;

ENRIQUE PATUEL, KAMRYN APELO CRUZ, LEO BROWN, LIAM KOLOUSEK, MATTHEW O'LEARY, REESA OSING, NICK GEBAUER, KATE PATUEL, EMMA KOLOUSEK