



Welcome to the 2021 CBSC Tennis Program



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

Fee: \$125/month

RED BALL 8 & UNDER

This program introduces foundational skills using oversized, low-compression balls on a smaller court. Players 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
Mon/Thurs or Tues/Fri
9:30am or 11:30am
Fee: \$45/month

Players 6 - 8 yrs.

Classes are 40 min. 2 x per week
Mon/Thurs or Tues/Fri
10:00am or 10:45am
Fee: \$65/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.

Classes are 55 min. 2 x per week
Mon/Thurs or Tues/Fri
9am, 10am, 11am, 1pm, 3pm & 4pm
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.

Classes are 55 min. 2 x per week
Mon/Thurs or Tues/Fri
9am, 11am, 2pm & 3pm
Fee: \$90/month

REGULAR BALL

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

Classes are 55 min. 2 x per week.
Mon/Thurs or Tues/Fri 4pm
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 x week
Players 13yrs 1:00pm
Players 14+ 2:30pm

TENNIS LADDER

Is a fun and competitive program where players are arranged like rungs on a ladder and participate in match play. Players are separated by gender and level of play. Sign up is for Adult, Regular ball, Green ball or Orange ball. Summer long tournament prizes. Great for all skill levels.

Fee: \$20 per person.

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 6th at 2.30pm

PRIVATE LESSONS

CBSC offers opportunities for private or semi private lessons. Contact head coach for details.

ADULT LESSONS (16+)

CBSC will offer a summer filled with 3 levels of tennis for adults.

Beginners

Classes are 55min 1 x per week
Mon 5pm, 6pm
Wed 6pm
Fee: \$45/month

Intermediate

Classes are 85 min 1 x per week
Mon 7pm
Wed 4:30pm & 7pm
Fee: \$65/month

High Performance

Classes are 85 min 1 x per week
Wed 4:30pm
Fee: \$65/month

ADULT CARDIO DRILLS (16+)

Looking to burn calories & interact with others outside of the gym? Cardio Tennis is a high-energy fitness activity that combines the best features of tennis with cardio exercise, delivering the ultimate, full body, calorie-burning workout. It is a very social and fun class for new and advanced tennis players alike!
Tues or Thurs 7:45-8:45am
Fee: \$45/month (1 x per week)

Please note: PLAYERS ages are as of December 31st 2021 and for **ORANGE** and **GREEN** players we encourage beginners to play earlier in the day and more experienced players later in the afternoon

2021 TENNIS COACHING STAFF: HEAD COACHES ASHER CHAPMAN & MATTHEW O'LEARY, NICK GEBAUER, KATE PATUEL, EMMA KOLOUSEK, COURTNEY CARMICHAEL, MEERA BAHADOORSINGH, ADAM ARMSTRONG, DUNCAN MILLER, STELLA HUNKA & SYDNEY APELOCRUZ