



Welcome to the 2022 CBSC Tennis Program



This year, the CBSC Tennis Committee & Coaches are excited to offer a summer program of progressive tennis lessons, fun tennis activities, new pickleball activities and club tournaments for players of all ages and skill level.

JUNIOR PROGRAMS

MON/THURS or TUES/FRI

2 x per week

Note New Ages

RED BALL 4 - 7 Years

Introduces basic strokes and fundamentals with focus on coordination

Players 4/5 years & 6/7 years

Classes are 25 min.

10am, 10:30am, 11am & 11:30am

Fee: \$50/month

ORANGE BALL 8 - 9 Years

3/4 court tennis introduces tactical awareness and focuses on improving strokes and ball control.

Classes are 55 min.

10am, 11am, 1pm & 4pm

Fee: \$100/month

GREEN DOT 10 -11 Years

Full court tennis introduces building points and decision making with a focus on utilizing techniques for tactical control. Classes are 55 min.

9am, 10am, 11am, 2pm & 3pm

Fee: \$100/month

REGULAR BALL 12- 17 Years

Players play on a full sized court with regular balls to build their fundamental skills in a more developmental environment. Classes are 55 min.

9am & 4pm **Fee: \$100/month**

New this year - Open court bookings for tennis and pickleball through Activenet

HIGH PERFORMANCE 12-17 Yrs.

For the more advanced player who plays year-round at a club, tournament or high school level. Classes are 85 min.

Players 12 & 13 yrs 1pm

Players 14+ 2:30pm **Fee: \$150/month**

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: \$110/Summer

Leaders Meeting: July 5th at 2pm

LEARN TO PLAY PICKLEBALL (10+)

Do you want to play Pickleball with your parents or grandparents? Join the CBSC coaches for a one time lesson in everything Pickleball!

Racquets will be provided if needed.

Saturdays 2PM - 3pm **Fee: \$15/class**

July 9, 23, 30 Aug 6, 13, 20

ADULT PROGRAMS

1 x per week

ADULT LESSONS (18+)

Beginners - 55min

Mon 5pm, 6pm

Wed 6pm **Fee: \$50/month**

Intermediate - 85 min

Wed 4:30pm & 7pm

Fee: \$75/month

High Performance - 85 min

Wed 4:30pm **Fee: \$75/month**

ADULT CARDIO DRILLS (18+)

Tues or Thurs 7:45-8:45am

Fee: \$50/month (1 x per week)

LEARN TO PLAY TENNIS (18+) - 55 min

The basic fundamentals of tennis. This is a 1 time clinic, sign-up for one or more. Racquets will be provided. Fee: \$30

9am select Weds. (7/13, 7/20, 8/3, 8/10)

PICKLEBALL SOCIAL (18+)

Join us for a fun afternoon of Pickleball at the CBSC courts. These round robin sessions are open to beginners and intermediate players.

Saturdays 3PM - 4:30pm **Fee: \$20/social**

July 9, 23, 30 Aug 6, 13, 20

Please note: PLAYERS ages are as of December 31st 2022. Members wanting to play up an age category must get Head Coach approval. Minimum sign up for all lessons is one month. Pickleball and Learn to Play are one time lessons.