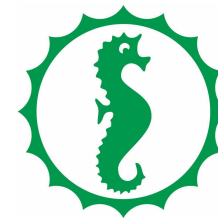




Welcome to the 2023 CBSC Tennis Program



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

JUNIOR PROGRAMS

MON/THURS, TUES/FRI or WED/SAT

2 x per week

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

Wed/Sat 10am, 10:30am

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

Wed/Sat 10am

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

Wed/Sat 9am, 10am

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

Wed/Sat 9am

Fee: \$100/month

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 4th at 2pm

PICKLEBALL BASICS (10+)

Come and learn the basics of Pickleball with your CBSC friends! One time intro class, paddles provided.

July 8th & Aug 5th 4PM - 5pm **Fee: \$20/class**

PICKLEBALL SOCIAL (10+)

Round robin session, open to all skill levels. Paddles and a light snack provided.

July 22nd & Aug 19th 3:30- 5PM **Fee: \$20/social**

ADULT PROGRAMS

1 x per week

ADULT LESSONS (18+)

Beginners - 55min

Mon 5pm, 6pm

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

Intermediate - 85 min

Mon:7pm

Wed 4:30pm & 7pm

Fee: \$75/month

High Performance - 120 min

Coach Led Adult Play

Thurs 6pm **Fee: \$40/month**

No class July 27 & Aug 17

ADULT CARDIO DRILLS (18+)

Tues or Thurs 7:45-8:45am

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

PICKLEBALL BASICS (18+)

Learn to play the fastest growing sport! One time, intro class, paddles provided.

July 8th & Aug 5th 11:30 - 12:30pm

Fee: \$20/class

PICKLEBALL SOCIAL (18+)

Round robin session, open to all skill levels. Paddles and a light refreshment provided.

July 18th & Aug 15th (Tues) 6:30 - 8PM

Fee: \$20/social

Please note: PLAYERS ages are as of December 31st 2023. Members wanting to play up an age category must get Head Coach approval. Minimum sign up for all lessons is one month. Pickleball Socials and Learn to Play are one time lessons