



2024 CBSC Tennis Program



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

Mon/Thur & Tues/Fri 10am, 10:30am,
11am, 11:30am

Fee: \$55/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: \$105/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: \$105/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: \$105/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: \$160/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: \$125/Summer

Leaders Meeting: July 2th at 4pm

PICKLEBALL BASICS (10+)

Come and learn the basics of Pickleball with your CBSC friends! 3 lessons per month, paddles provided. Classes are 55 min

July 6, 13, and 27 11:30 and 12:30

Aug 3, 10 and 17 11:30 and 12:30

Fee: \$40/month

ADULT PROGRAMS

1 x per week

ADULT LESSONS (18+)

Beginners - 55min

Mon 5pm, 6pm

Wed 6pm **Fee: \$55/month**

Intermediate - 85 min

Mon:7pm

Wed 7pm

Fee: \$80/month

High Performance - 120 min

Coach Led Adult Play

Fri 6 - 8pm **Fee: \$20/month**

July 5 & 26

Aug 2 & 16

ADULT CARDIO DRILLS (18+)

Tues, Wed or Thurs 7:45-8:45am

Fee: \$55/month (1 x per week)

PICKLEBALL SOCIAL (18+)

Round robin session. Paddles are provided if needed.

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

Fee:\$20/social

Please note: PLAYERS ages are as of December 31st 2024. Juniors wanting to play up an age category or High Performance must get Head Coach approval Email: hctennis@cbswimclub.ca Minimum sign up for all lessons is one month.