



# 2026 CBSC Tennis & Pickleball Program



## RED BALL 4-5 Years

Mon/Thur and/or Tues/Fri 9am & 9:30am  
Classes are 25 min **Fee: \$65/month**

## RED BALL 6-7 Years

Mon/Thur and/or Tues/Fri 9am, 9:30am & 10am  
Classes are 25 min **Fee: \$65/month**

## ORANGE BALL 8-9 Years

M/Th 9am, 10am, 11am, 12pm, 3pm, 4pm & 5pm  
Tu/F 9am, 10am, 11am, 12pm, 3pm & 4pm  
Wed/Sat 10am  
Classes are 55 min **Fee: \$125/month**

## GREEN BALL 10-11 Years

M/Th 10am, 11am, 12pm, 1pm, 2pm, 3pm, 4pm & 5pm  
Tu/Fri 10am, 11am, 12pm, 1pm, 2pm, 3pm & 4pm  
Classes are 55 min **Fee: \$125/month**

## REGULAR BALL 12-17 Years

Mon/Thurs 9am, 1pm, 2pm, 4pm & 5pm  
Tues/Fri 9am, 1pm, 2pm, 4pm & 5pm  
Wed/Sat 10am  
Classes are 55 min **Fee: \$125/month**

## COMPETITIVE TENNIS 12+ Years

High-paced, elevated junior program designed for players looking to further develop their technical skills and match play  
Mon/Thurs and/or Tues/Fri  
12/13 years: 10:30am, 1pm & 2:30 pm  
14+ years: 1pm & 2:30pm  
Classes are 85 min **Fee: \$190/month**

## YOUTH DROP-IN 12+ Years

An evening designed for young players to meet, have fun and play tennis. Expect music, snacks, court games and some pickleball.  
Every Thursday 7pm-8:30pm  
**Fee: \$30/summer**

## TENNIS LEADERS 15 Years

This program caters to players interested in becoming future CBSC tennis coaches. Participants will get hands-on experience. Head Coach pre-approval is required.  
**Fee: \$160/Summer**

## PICKLEBALL LESSONS 10+ Years

This class will provide both stroke/strategy instruction and plenty of time for game play.  
Saturday at 11 am  
2 week sessions: July 5&12, July 19&26 and/or Aug 2&9  
Classes are 90 min. **Fee: \$50/2 weeks**

## INTERGENERATIONAL PICKLEBALL SOCIAL

A fun pickleball social for kids and their parents, grandparents or favourite adult.  
Saturday, August 15th  
9-12 years: 10am-12pm  
13-15 years: 12-2 pm  
**Fee: \$20/team**

## ADULT CARDIO

A high-energy class with tennis and cardio.  
Tues, Thurs and/or Fri at 7:45 am  
Classes are 55 min **Fee: \$70/month**

## ADULT BEGINNER TENNIS

Mon 6 pm and/or Tues 5 pm & 6 pm  
Classes are 55 min **Fee: \$70/month**

## ADULT INTERMEDIATE TENNIS

Mon and/or Tues at 7 pm  
Classes are 85 min **Fee: \$100/month**

## ADULT ADVANCED PLAY

Every second Friday 6pm  
July 3 & 17 and July 31 & Aug 14  
Sessions are 120 min. **Fee: \$30/2 weeks**

## ADULT TENNIS SOCIALS

Friday 6pm July 10th and July 24  
Sessions are 120 min. **Fee: \$25/session**

## ADULT BEG/INT PICKLEBALL LESSON

This small 4-person class will provide stroke and strategy instruction.  
Sat at 3pm on July 4th, July 11th or Aug 1st  
Sat at 1pm on July 18th  
Classes are 55 min **Fee: \$25/class**

## ADULT PICKLEBALL SOCIALS

Wed at 6:30 pm July 8, July 15, July 22 & Aug 12  
Sat at 1 pm on July 4, July 11, Aug 1 & Aug 8  
Sessions are 90 min. **Fee: \$25/session**

Please note: Players ages are as of December 31st 2026. Juniors wanting to play up an age category or in Competitive Tennis must get Head Coach approval. Email: [hctennis@cbswimclub.ca](mailto:hctennis@cbswimclub.ca)