

BOOT CAMP HAS ARRIVED!

Quick feet, agility and balance drills, designed to help you move your game to the next level.

(No class January 28, February 11, March 3, 23, 24 April 3, 5, 7, 13, 14, 20, 21 May 18, 19, 25, 26 June 2)

Drill Level	Day / Time	Winter I	Winter II	Spring
3.0-3.5	Thursday / 6:00-7:30 pm	\$128 / \$136 / \$164	\$128 / \$85 / \$164	\$96 / 102 / \$123
3.0-4.0	Saturday / 9:00-10:30 am	\$96 / \$102 / \$123	\$64 / \$68 / \$82	\$48 / \$51 / \$61.50
4.5	Saturday / 11:30 – 1:00 pm	\$96 / \$102 / \$123	\$64 / \$68 / \$82	\$48 / \$51 / \$61.50

We are offering a great program to all seniors ages 50 and over.

SENIORS CLASS No Class May 28 *Drop in for Boot Camp \$16.50/ Daily Class*

Class Days	Class Time	Winter I	Winter II	Spring
Monday	1:00-2:00 pm	\$48 / \$64 / \$80	\$48 / \$64 / \$80	\$30 / \$40 / \$50

limited to 12 people



per class

DROP IN WELCOME \$10 PER CLASS

Cardio Tennis is a new, fun, group activity designed to supplement/enhance your current fitness workout.

Classes are designed for any level player.

Cardio Tennis includes a warm-up, cardio workout, and cool down. If you want to find a healthy, new way to get in shape and to burn calories, this is the class for you!

(No class January 28, February 11, March 3, 23, 24 April 3, 5, 7, 13, 14, 20, 21 May 18, 19, 25, 26 June 2)

Class Days	Class time	Winter I	Winter II	Spring
Tuesday	10:15-11:15 am	\$72 / \$80 / \$96	\$72 / \$80 / \$96	\$54 / \$60 / \$72
Tuesday	6:15 - 7:15 pm	\$72 / \$80 / \$96	\$72 / \$80 / \$96	\$54 / \$60 / \$72
Wednesday	6:00-7:00pm	\$72 / \$80 / \$96	\$72 / \$80 / \$96	\$54 / \$60 / \$72
Saturday	8:00 - 9:00 am	\$36 / \$40 / \$48	\$45 / \$50 / \$60	\$27 / \$30 / \$36



Adult Tennis Winter Program

2012

Winter Session I

January 2 - February 26

Winter Session II

February 27 ~ April 28

Spring

April 30 - June 9

509-943-8416

www.mycbrc.com

(Enter sessions at any time!)

These classes are designed to develop and improve stroke production, movement, positioning, and strategy appropriate for players level and goals. Please sign up for class at your appropriate N.T.R.P. level. All tennis professionals reserve the right to move a student into the appropriate class.

Level 2.5

This player is learning to judge where the ball is going, although court coverage needs improvement. This player can sustain a short rally of slow pace with other players of similar playing abilities. Players will learn how to develop technique on the basic strokes, court positioning and general rules.

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Class Days	Class time	Winter I	Winter II	Spring
Friday	9:00-10:00 am	\$86 / \$90 / \$110	\$53.75 / \$56.25 / \$68.75	\$32.25 / \$33.75 / \$41.25
Saturday	10:30-11:30pm	\$64.50/ \$67.50 / \$82.50	\$43 / \$45 / \$55	\$32.25 / \$33.75 / \$41.25

Level 3.0

This player is fairly consistent when hitting medium paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth, or power. Most common doubles formation is one-up, one-back, will approach the net when play dictates but needs work on execution. Player will learn to develop weapons, specialty shots, and doubles patterns of play.

(No class January 28, February 11, March 3, 23, 24 April 3, 5, 7, 13, 14, 20, 21 May 18, 19, 25, 26 June 2)

Class Days	Class time	Winter I	Winter II	Spring
Thursday	10:00-11:00am	\$86 / \$90 / \$123.75	\$86 / \$90 / \$123.75	\$64.50/ \$78.75 / \$96.25
Saturday	10:30-11:30am	\$64.50/ \$67.50 / \$82.50	\$43 / \$45 / \$55	\$32.25 / \$33.75 / \$41.25

**Private Lessons To Fit Your Schedule
Contact A Tennis Professional Today
943-8416**

Save the date for these upcoming events

- Boy's and Girl's Raise a Racquet January 27th, 28th**
- Sweetheart Tournament February 10-12**
- Net Benefit Tournament March 2-4**

Name: _____ Parents: _____

Phone #'s:(H) _____ (W) _____ E-Mail: _____

Address: _____ City _____ State _____ Zip _____ Age: _____

Payment: Charge Cash Check Coupon

Account #: _____ * (Check Membership status)

Class Attending: _____ Session: _____

Days/Time Attending: _____ F.D. Initials: _____

Total: _____

Adult Program Registration Form Return to Racquet Sports Binder T-20

Payment must accompany registration.

Please return to the front desk. For more information contact any Tennis Professional at 943-8416.
Columbia Basin Racquet Club 1776 Terminal Drive Richland, WA. 99354.

