ADULT TENNIS CLASSES

BEGINNERS CLASS
A class for those who have never played tennis before or have very little experience. Grip, technique and proper form will be emphasized.

ADVANCED BEGINNERS CLASS
This class is for individuals who have prior playing experience and have developed some consistency in their game. Strategy, footwork and proper court movement will be emphasized, as well as proper stroke production.

INTERMEDIATE CLASS
A class for individuals with match play experience who want to take their game to a higher level. More aggressive net play and situational match strategy will be developed. There also will be an emphasis on becoming more consistent from the baseline. USTA 3.0 – 3.5 rating.

ADVERTIZED TENNIS CLASSES

BEGINNERS CLASS
This fast-paced class with a lot of situational play. Serving, returning and increasing power and consistency will be emphasized. Setting up points and poaching also will be stressed. USTA 3.5+ rating.

CARDIO TENNIS
This class features drills and games to give players of all ability levels a high-energy workout.

CARDIO TENNIS PLUS
Similar format as the regular Cardio Tennis class with an additional 30 minutes for a more intense workout.

SENIOR CARDIO TENNIS
Similar format as the regular Cardio Tennis class tailored for senior players.

TENNIS IN 4 WEEKS
Learn all the fundamentals of tennis over a four-week period. This class is for adults and may only be taken one time.

CARDIO TENNIS PLUS

JUNIOR TENNIS CLASSES

YOUTH RED BEGINNER • 4-5 yrs
This fun introduction to tennis covers coordination and basic tennis skills to form a foundation for our youngest players. Parents are invited to join their children on court if they wish. Red Balls/36 ft. court

YOUTH RED ADVANCED • 5-7 yrs
This class will work on groundstrokes, volley and serve development. A progression toward rallying and match play will be the focus. Red Balls/36 ft. court

YOUTH ORANGE BEGINNER • 6-8 yrs
This class is for children who have had little or no previous tennis instruction. Basic tennis groundstrokes, volleys and serves will be taught. Orange Balls/36 ft. and 60 ft. court.

YOUTH ORANGE ADVANCED • 7-9 yrs
This class is for children who have progressed through Red Advanced and/or Orange Beginner. Lessons will focus on court movement and consistency. Serves and rallying in preparation for match play will be developed. Orange Balls/60 ft. court.

YOUTH GREEN BEGINNER • 9-11 yrs
This class is for children who have had little or no previous tennis instruction. Basic tennis groundstrokes, volleys and serves will be taught. Green Balls

GREEN ELITE JUNIOR DEVELOPMENT PROGRAM • up to 11 yrs
For players who have completed Orange Advanced classes and are now playing Green Ball tournaments. Players will focus on serving accuracy and preparing for tournament play.

MIDDLE/HIGH SCHOOL INTRO TO TENNIS • 12-18 yrs
For players new to the game, this class teaches the fundamentals of tennis. Learn the basics of scoring and run through typical tennis drills in a less competitive environment.

MIDDLE/HIGH SCHOOL INTERMEDIATE • 12-18 yrs
For players with some previous playing experience or those who have progressed through our intro class and newer players on their Junior Varsity high school team. Emphasis will be on technique as this group transitions to match play.

BRONZE GREEN JUNIOR DEVELOPMENT PROGRAM
For players who have progressed through Green Elite JDP. Players will continue to train with green balls to prepare for higher level tournament/match play.

BRONZE YELLOW BALL JUNIOR DEVELOPMENT PROGRAM
For players who have progressed through Bronze Green JDP or Middle/High School Intro. These players are playing tournaments and leagues using yellow balls.

SILVER JUNIOR DEVELOPMENT PROGRAM
For players who have been progressed through Bronze or Middle/High School Intro. Also for those who are strong Junior Varsity high school players.

GOLD JUNIOR DEVELOPMENT PROGRAM
This class is appropriate for moderate tournament players. Those seeking to play on their high school varsity team or those who already do are also welcome. Challenging drills and games will take these players to the next level.

COMPETITIVE JUNIOR DEVELOPMENT PROGRAM
This is the highest-level class offered for our competitive tournament players. Registration must be approved by a tennis professional.

Intended for serious tournament players. Challenging drills and game play will take players to the next level.

CALL 847-802-7021 TO REGISTER TODAY.

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CLASS & EVENT SCHEDULE
OCTOBER–DECEMBER
2017
**Tennis Leagues**

**IN-HOUSE LEAGUES**

CHBFC-Huntley offers singles and doubles leagues that range from Advanced Beginner to Advanced for both men and women. Some leagues play on assigned days or evenings while others are offered on a flex schedule. Our junior league is held on Friday nights. All matches are played at CHBFC-Huntley. Members and non-members are welcome to participate.

**TRAVEL LEAGUES**

The Northern Illinois Traveling Tennis League is a competitive women’s doubles league that plays against other clubs in the area from September through May. CHBFC currently has five teams participating. Each team has a drill once per week and matches on either Thursday or Friday. A CHBFC membership is required to play in this league. NITTL has teams with participants that range in USRA rating from 2.5 to 5.0. Visit nittl.com for more information.

The United States Tennis Association offers adult travel leagues of varying levels. CHBFC teams compete against other clubs in the area and may be combined as a limited doubles. A USTA membership is required for this league. Visit ussta.com and find leagues for more information. For more information about any Health Bridge leagues contact our tennis manager at 847-802-7014.

**TOURNAMENT TRAINING**

Our tennis pros are running additional days of play to prepare junior players for tournament play. Junior players may sign up for the appropriate training session that aligns with the lesson group they are currently enrolled in.

**PREMIERE MEMBER COMMUNITY**

<table>
<thead>
<tr>
<th>Level</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Red Ball Tournament Training</td>
<td>November 11</td>
<td>Noon-1pm</td>
</tr>
<tr>
<td>Orange Advanced Tournament Training</td>
<td>November 10</td>
<td>4-5:30pm</td>
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<tr>
<td>Green Elite and Bronze Green Tournament Training</td>
<td>November 12</td>
<td>4-5:30pm</td>
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<tr>
<td>Bronze Yellow and Silver Tournament Training</td>
<td>November 15</td>
<td>6-7:30pm</td>
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<tr>
<td>Gold and Competition Tournament Training</td>
<td>November 17</td>
<td>5-7pm</td>
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**TENNIS EVALUATIONS**

If you are unsure of your level of play or wish your coach or class is right for you, schedule a 30-minute evaluation with our tennis manager. Book your evaluation for only $15 today.

**TENNIS IN FOUR WEEKS**

October 31 - November 21

Boys and Girls Open

BOYS & GIRLS’ SINGLE DAY SHOWDOWN TOURNAMENT
Saturday, November 25 • 1:30pm • Ages 14 and younger

RED BALL USTA TOURNAMENT
Saturday, December 2 • 1pm • Ages 8 and younger

ORANGE BALL USTA TOURNAMENT
Saturday, December 9 • 4pm • Ages 10 and younger

GREEN BALL USTA TOURNAMENT
Sunday, December 16 • 1pm • Ages 10 and younger

HEALTH BRIDGE JUNIOR WINTER BREAK CHAMPIONSHIP
Friday, January 5 and Saturday, January 6

**PICKLEBALL OPEN PLAY**

Pickleball is similar to tennis, but it’s played on a shorter court with a lower net, using a perforated plastic ball and square paddles. paddles and balls can be checked out at the tennis desk in Huntley or at the concierge in Crystal Lake. Pickleball Open Play is free for all members on a drop-in basis.

Centegra Health Bridge Fitness Center-Crystal Lake • Gymnasium
Thursdays 5:30-7:30pm • Saturdays Noon-2pm

Centegra Health Bridge Fitness Center-Huntley • Gymnasium
Tuesdays 3:30-5:30pm • Saturdays 10am-1pm

**ENNIS IN FOUR WEEKS**

October 31 - November 21

Improving your game with concentrated instruction, proven to be one of the best methods! Private group lesson rates per person are based on the number of people in the group. The larger your group, the deeper the discount. Certain pros may have higher rates. All private lessons are 60 minutes.

<table>
<thead>
<tr>
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<td>$65</td>
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**BONUS:** Buy five 1-hour private lessons and get one FREE!

See the tennis desk for details.