

## 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 a level of 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, with an emphasis on becoming more consistent from the baseline. USTA 3.0 - 3.5 rating.

### ADVANCED INTERMEDIATE CLASS

A class for players who have been playing matches on a consistent basis. Focus will be on net play, strategy and fine tuning technique. USTA 3.5 rating.

### ADVANCED CLASS

This is a 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 to Cardio Tennis class with an additional 30 minutes for added intensity.

### SENIOR CARDIO TENNIS

Similar format to Cardio Tennis class tailored for senior players.

### TENNIS IN 4 WEEKS

This adults-only class teaches the fundamentals of tennis over a four-week period. Players are limited to a single four-week session.



## 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. courts.

### 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/standard court.

### GREEN ADVANCED 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 BALL JUNIOR DEVELOPMENT PROGRAM

For players who have progressed through Green Advanced JDP or Middle/High School Intermediate. These players are playing tournaments and leagues using yellow balls.

### GOLD PRE-HS JUNIOR DEVELOPMENT PROGRAM

For players who have progressed through Bronze, but are not yet in high school. These tournament players will be challenged with drills and strategy, while fine tuning technique.

### SILVER JUNIOR DEVELOPMENT PROGRAM

For players who have been progressed through Bronze or Middle/High School Intermediate. Also for those who are strong junior varsity high school players.

### GOLD HS 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.

### COMPETITION JUNIOR DEVELOPMENT PROGRAM

This is the most advanced 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.

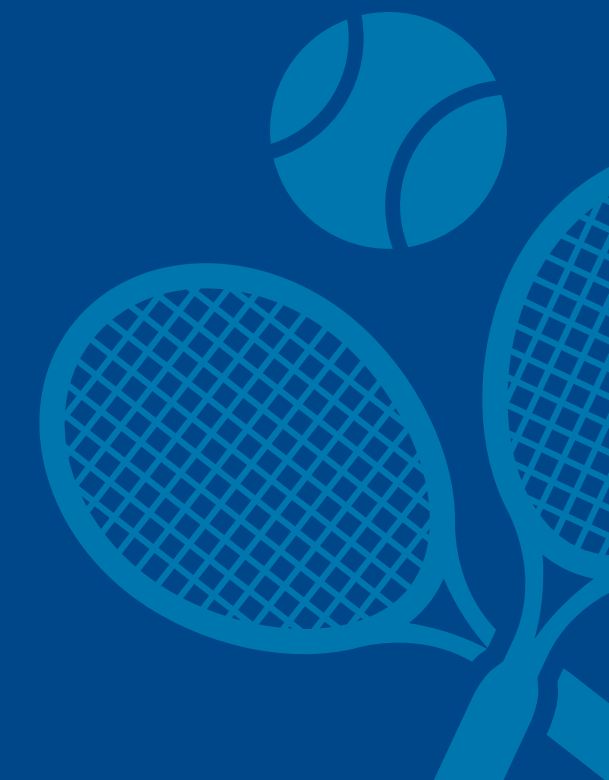
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## CLASS & EVENT SCHEDULE SEPTEMBER — OCTOBER 2018

# HUNTLEY

## SESSION

# 1



## CALL 847-802-7021 TO REGISTER TODAY.

# ADULT AND JUNIOR TENNIS LESSON SCHEDULE

SESSION 1: SEPTEMBER 4–OCTOBER 28, 2018 (8 WEEKS)

## MONDAY

4-5:30pm	Silver JDP	Junior
4-5:30pm	Green Advanced JDP	Junior
5:30-7pm	Gold HS JDP	Junior
5:30-7pm	Gold Pre-HS JDP	Junior
7-8pm	Cardio Tennis	Adult
8-9:30pm	Beginner Class	Adult

## TUESDAY

8:30-9:30am	Senior Cardio Tennis	Adult
11am-12:30pm	Cardio Tennis Plus	Adult
12:30-1:30pm	Tennis in Four Weeks	Adult
1:30-3pm	Advanced Beginner	Adult
4:30-5:30pm	Youth Orange Beginner	Junior
4:30-5:30pm	Youth Red Advanced	Junior
5-6:30pm	Bronze JDP	Junior
5:30-6:30pm	Youth Orange Advanced	Junior
6:30-7:30pm	Youth Green Beginner	Junior
6:30-8:30pm	Competition JDP	Junior
7:30-8:30pm	Middle/High School Intro	Junior
7:30-9pm	Advanced Class	Adult

## WEDNESDAY

9:30-11am	Advanced Class	Adult
4-5:30pm	Green Advanced JDP	Junior
4-5:30pm	Silver JDP	Junior
5:30-7pm	Gold Pre-HS JDP	Junior
5:30-7pm	Gold HS JDP	Junior
7-8pm	Cardio Tennis	Adult
8-9:30pm	Advanced Intermediate Class	Adult

## THURSDAY

9:30-11am	Intermediate Class	Adult
11am-12:30pm	Cardio Tennis Plus	Adult
4:30-5:30pm	Youth Orange Beginner	Junior
4:30-5:30pm	Youth Red Advanced	Junior
4:45-5:30pm	Youth Red Beginner	Junior
5-6:30pm	Bronze JDP	Junior
5:30-6:30pm	Youth Orange Advanced	Junior
6:30-7:30pm	Youth Green Beginner	Junior
6:30-8:30pm	Competition JDP	Junior
7:30-8:30pm	Middle/High School Intermediate	Junior

## FRIDAY

8:30-9:30am	Senior Cardio Tennis	Adult
9:30-10:30am	Cardio Tennis	Adult

## SATURDAY

10:30am-Noon	Intermediate Class	Adult
11-11:45am	Youth Red Beginner	Junior
Noon-1pm	Cardio Tennis	Adult
1-2:30pm	Green Advanced JDP	Junior

## SUNDAY

2:30-4pm	Green Advanced JDP	Junior
4-5pm	Youth Orange Beginner	Junior
4-5pm	Youth Orange Advanced	Junior
5-6pm	Youth Green Beginner	Junior
5-6pm	Middle/High School Intro	Junior
6-7pm	Middle/High School Intermediate	Junior

## RATE CHART

### Youth RED Beginner Classes • 45 minutes

	MEMBER	NON-MEMBER
One Day Per Week	\$93	\$129
Two Days Per Week	\$177	\$245

### Youth RED Advanced, ORANGE and GREEN Beginner Classes • 60 minutes

One Day Per Week	\$124	\$172
Two Days Per Week	\$236	\$327

### Middle/High School Intro and Intermediate • 60 minutes

	PREMIERE	CLASSIC	NON-MEMBER
One Day Per Week	\$124	\$148	\$172
Two Days Per Week	\$236	\$281	\$327

### Green Advanced, Bronze, Silver and Gold JDPs • 90 minutes

One Day Per Week	\$186	\$222	\$258
Two Days Per Week	\$353	\$422	\$490

### Competition JDP • 120 minutes

One Day Per Week	\$248	\$296	\$344
Two Days Per Week	\$471	\$562	\$654

### Adult Classes • 90 minutes

One Day Per Week	\$186	\$222	\$258
Two Days Per Week	\$353	\$422	\$490

### Cardio Tennis

Per class	\$8	\$10	\$15
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### Cardio Tennis Plus

Per class	\$12	\$15	\$22
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### Senior Cardio Tennis

Per class	\$6	\$8	\$10
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All tennis classes are held on the indoor tennis courts at our Huntley location. Refer to rate chart for all tennis class fees. One make-up class per session allowed, space permitting.

### Tennis in Four Weeks

DATES	MEMBER	NON-MEMBER
October 2-23	\$24	\$28

## TENNIS EVALUATIONS

If you are unsure of your level of play, schedule a 30-minute evaluation with our tennis manager to determine which clinic or class is right for you. Evaluation fee is \$15.

## PRIVATE TENNIS LESSONS

Improve 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. One-hour individual private lesson pricing listed below.

PREMIERE	MEMBER	NON-MEMBER
\$67	\$72	\$77

Package of six or 12 may be purchased at discounted lesson rates.

# 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 leagues are held on Friday and Sunday 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 six 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. NITL has teams with participants that range in USTA 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 in singles as well as doubles. A USTA membership is required to play in this league. Visit USTA.com for more information and to find leagues.

For more information about Health Bridge leagues, contact our tennis manager at 847-802-7014.

## PICKLEBALL OPEN PLAY

Pickleball is similar to tennis, but is 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

## JUNIOR TOURNAMENTS

### ORANGE BALL USTA CO-ED 10U TOURNAMENT

Saturday, September 8 • 1pm

### GREEN BALL USTA BOYS AND GIRLS 10U TOURNAMENT

Saturday, September 8 • 3pm

### USTA SINGLE DAY SHOWDOWN BOYS & GIRLS 12U

Saturday, September 15 • 1pm

### USTA SINGLE DAY SHOWDOWN BOYS 14U and 18U

Saturday, September 22 • 1pm

### ORANGE BALL USTA CO-ED 10U TOURNAMENT

Saturday, October 13 • 1pm

### GREEN BALL USTA BOYS AND GIRLS 10U TOURNAMENT

Saturday, October 13 • 3pm

### USTA SINGLE DAY SHOWDOWN BOYS & GIRLS 12U

Saturday, October 20 • 1pm



## TENNIS

Kathleen Pudlo | Tennis Manager

10450 Algonquin Road | Huntley

### Hours of Operation

Monday - Friday | 5am-11pm

Saturday | 6am-10pm

Sunday | 6am-9pm

To register for any of our tennis programs, call 847-802-7021.

[healthbridgefitness.com](http://healthbridgefitness.com)

Because our team is dedicated to helping kids reach and exceed their tennis goals, our courts will be heavily utilized by kids' programs after school between 4-7pm Monday through Friday. Court availability may be limited during these hours.