



BELLINGHAM

**TRAINING & TENNIS CLUB**

# TENNIS CLINICS

## REGISTRATION FOR SUMMER CLINICS OPENS:

MARCH 1ST - MEMBERS

MARCH 15TH - GUESTS

EARLY SPRING '25	LATE SPRING '25	SUMMER '25
Mar 3 - Apr 27	Apr 28 - Jun 22	Jun 30- Aug 14

## JUNIORS

### BEGINNERS START HERE! OPEN TO ALL.

Focus on gross motor skills, fundamentals of groundstrokes & volleys

#### 1 Family Fun Tennis for Tots (Adult+Child 4-5)

Introduction to tennis. Adults are required to participate with their students.

#### 2 Red Ball Beginner (5-7 yrs. old)

Introducing volleys using half courts & red balls.

#### 3 Orange Ball Beginner (7-11 yrs. old)

Rallying with players using orange balls on 64' court.

#### 4 Green Ball Intermediate (7-11 yrs. old)

Building on the rules of tennis, keeping score & doubles strategy using lower compression ball.

### INTERMEDIATE & ADVANCED

Further developing fundamentals adding serving, topspin & direction.

**MUST QUALIFY OR TEST INTO THESE CLINICS**

#### 5 Middle School 1 Beg./Low Int. (12-15 yrs. old)

Building on the rules of tennis, keeping score & doubles strategy using a standard tennis ball.

#### 6 High School 1 Beg./Low Int. (14-18 yrs. old)

Develop the skills to hit and play with peers.

#### 7 High School 2 (JV) Int. (14-18 yrs. old)

Focus on refining fundamental skills adding basic doubles strategy, positioning & match play.

#### 8 High School 3 (Varsity) Adv. (14-18 yrs. old)

Focus on mastering fundamentals & introducing backspin, advanced doubles plays and positions.

## ADULTS

### TCA1 Adult 1 - Beginner

Have fun while learning the fundamentals of groundstrokes and volleys. Begin to rally and play basic tennis games. No tennis experience required.

### TCA2 Adult 2 - NTRP 2.0-2.5

Further develop fundamental skills and introduce topspin and serving. Begin to learn rules and positioning for doubles match play. Some tennis experience necessary.

### TCA3 Adult 3 - NTRP 3.0

Refine the fundamental skills and develop the abilities to control the pace, spin and direction of your shots. Begin to learn basic doubles strategies, patterns and plays. Necessary to have tennis match experience or have previously been in Adult 2.

### TCA3.5 Adult 3.5 | Doubles - NTRP 3.5

Refine the fundamental skills of groundstrokes and volleys. Start to develop control over your shots and optimal shot selection. Begin to learn advanced doubles strategies, patterns and plays. Necessary to have coach approval, previous tennis match experience or have previously been in Adult 3.

### TCA4 Adult 4 Speed & Strategy - NTRP 4.0

Practice tennis fundamentals in high-energy drills. For players seeking a high intensity tennis workout while working on their singles strategies and doubles movement.

## JUNIOR ELITE TENNIS TRAINING



This training is designed for advanced players, helping you sharpen your competitive edge for match preparation by focusing on drills, strategy, fitness, and the mental game

**APPLICATION & COACH INVITE**



# ENROLLMENT SCHEDULES

	Day	Time	EARLY SPRING '25 Mar 3 - Apr 27			LATE SPRING '25 Apr 28 - Jun 22			SUMMER '25 Jun 30 - Aug 14		
			Wks	Guest Price	Member Price	Wks	Guest Price	Member Price	Wks	Guest Price	Member Price
<b>Beginners Start Here</b> <i>Open to all</i>											
1 Family Fun Tennis for Tots (Adult+Child Age 4-6)	THU	2-2:45 pm	8	\$ 174	\$ 144	8	\$ 174	\$ 144	-	-	-
2 Red Ball Beginner (Age 5-7)	MON	3-4 pm	8	\$ 232	\$ 192	7	\$ 203	\$ 168	7	\$ 210	\$ 175
2 Red Ball Beginner (Age 5-7)	SAT	11:30-12:30 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
2 Red Ball Beginner (Age 5-7)	SAT	9:30-10:30 am	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
2 Red Ball Beginner(Age 5-7)	WED	3-4 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
3 Orange Ball Beginner (Age 7-11)	MON	3-4 pm	8	\$ 232	\$ 192	7	\$ 203	\$ 168	7	\$ 210	\$ 175
3 Orange Ball Beginner (Age 7-11)	SAT	11:30-12:30 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
3 Orange Ball Beginner (Age 7-11)	THU	2-3 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
3 Orange Ball Beginner (Age 7-11)	WED	3-4 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
<b>Intermediate / Advanced</b> <i>Must qualify or test into this level</i>											
4 Green Ball Intermediate (Age 7-11)	SAT	10:30-11:30 am	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
4 Green Ball Intermediate (Age 7-11)	THU	3-4 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
4 Green Ball Intermediate (Age 7-11)	TUE	3-4 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
4 Green Ball Intermediate (Age 7-11)	MON	5-6 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
5 Middle School Beg./Low Int. (Age 12-15)	THU	5:15-6:15 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
5 Middle School Beg./Low Int. (Age 12-15)	SAT	10:30-11:30 am	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
5 Middle School Beg./Low Int. (Age 12-15)	TUE	5:15-6:15 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
5 Middle School Beg./Low Int. (Age 12-15)	MON	5-6 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
5 Middle School Beg./Low Int. (Age 12-15)	WED	5-6 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
6 High School 1 Beg./Low Int. (Age 14-18)	SUN	4-5 pm	7	\$ 203	\$ 168	7	\$ 203	\$ 168	-	-	-
6 High School 1 Beg./Low Int. (Age 14-18)	TUE	5:15-6:15 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
6 High School 1 Beg./Low Int. (Age 14-18)	THU	5:15-6:15 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
7 High School 2 JV Int. (Age 14-18)	MON	4-5 pm	8	\$ 232	\$ 192	7	\$ 203	\$ 168	7	\$ 210	\$ 175
7 High School 2 JV Int. (Age 14-18)	WED	4-5 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
8 High School 3 Varsity Adv. (Age 14-18)	TUE	4-5:15 pm	8	\$ 290	\$ 240	8	\$ 290	\$ 240	7	\$ 263	\$ 219
8 High School 3 Varsity Adv. (Age 14-18)	THU	4-5:15 pm	8	\$ 290	\$ 240	8	\$ 290	\$ 240	7	\$ 263	\$ 219
<b>Competition-Ready Jr. Development</b> <i>Application &amp; Coach Invite</i>											
JD1 JETT 1 (12&Under)	FRI	4-5 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
JD1 JETT 1 (12&Under)	WED	5-6 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
JD1 JETT 1 (12&Under)	TUE	3-4 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
JD1 JETT 1 (12&Under)	THU	3-4 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
JD2 JETT 2 (15&Under)	FRI	5-6:15 pm	8	\$ 290	\$ 240	8	\$ 290	\$ 240	-	-	-
JD2 JETT 2 (15&Under)	WED	5-6 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
JD2 JETT 2 (15&Under)	TUE	5:15-6:15 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
JD2 JETT 2 (15&Under)	THU	5:15-6:15 pm	-	-	-	-	-	-	7	\$ 210	\$ 175
JD3 JETT 3 (18&Under)	SUN	5-6:15 pm	7	\$ 306	\$ 263	7	\$ 306	\$ 263	-	-	-
JD3 JETT 3 (18&Under)	WED	7-8:45 pm	8	\$ 406	\$ 336	8	\$ 406	\$ 336	-	-	-
JD3 JETT 3 (18&Under)	WED	1-2:30 pm	-	-	-	-	-	-	7	\$ 315	\$ 263
<b>Adults</b>											
TCA1 Adult 1 - Beginner	MON	6-7 pm	8	\$ 232	\$ 192	7	\$ 203	\$ 168	7	\$ 210	\$ 175
TCA1 Adult 1 - Beginner	SAT	1-2 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
TCA2 Adult 2 - NTRP 2.0-2.5	MON	6-7 pm	8	\$ 232	\$ 192	7	\$ 203	\$ 168	7	\$ 210	\$ 175
TCA2 Adult 2 - NTRP 2.0-2.5	SAT	1-2 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-
TCA2 Adult 2 - NTRP 2.0-2.5	THU	Noon-1 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
TCA2 Adult 2 - NTRP 2.0-2.5	TUE	Noon-1 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
TCA2 Adult 2 - NTRP 2.0-2.5	WED	6-7 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
TCA3 Adult 3 - NTRP 3.0	WED	12-1 pm	8	\$ 232	\$ 192	8	\$ 232	\$ 192	7	\$ 210	\$ 175
TCA3 Adult 3 - NTRP 3.0	TUE	6:15-7:30 pm	8	\$ 290	\$ 240	8	\$ 290	\$ 240	7	\$ 263	\$ 219
TCA3.5 Adult 3.5 - NTRP 3.5	THU	6:15-7:30 pm	8	\$ 290	\$ 240	8	\$ 290	\$ 240	7	\$ 263	\$ 219
TCA3.5 Adult Doubles NTRP 3.5	SUN	1:30-2:45 pm	7	\$ 306	\$ 263	7	\$ 306	\$ 263	-	-	-
TCA4 Adult 4 Speed & Strategy NTRP 4.0	MON	11-Noon	8	\$ 232	\$ 192	7	\$ 203	\$ 168	7	\$ 210	\$ 175
TCA4 Adult 4 Speed & Strategy NTRP 4.0	SAT	9:30-10:30 am	8	\$ 232	\$ 192	8	\$ 232	\$ 192	-	-	-