

Watch for our **Grand Reveal Party** this Spring!

NEW NAME! Bellingham Tennis Club is now...



BELLINGHAM
TRAINING & TENNIS
CLUB

WE ARE CHANGING THE FACE OF TRAINING & TENNIS

- WE'RE OPEN DURING OUR MASSIVE REMODEL CONSTRUCTION -

New 8 Week Sessions! Lower Pricing!
More flexibility to meet your schedule.

Plan ahead with our school-year schedule!

Prices will vary based on the number of classes in each 8-week session (variation due to holidays). Two-payment plan is available. Members receive 15% off. Tax is added to all prices shown.

Early Spring

Feb 27 - April 23
YES Clinic 4/2-4/10
(Spring Break)

Late Spring

April 23 - June 17
NO Clinic 5/28 & 5/29

2016 - 2017 ADULT TENNIS CLINICS

Clinic Name	Level	NTRP	Weekdays	Time	Winter	Early Spring	Late Spring
Adult 1	Adult Learn to Play	Beginner	Mon & Wed	6:00-7:00 pm	\$319	\$319	\$299
Adult 1	Adult Learn to Play	Beginner	Sat Only	8:30-9:30 am	\$159	\$159	\$159
Adult 2	Beg-Int	2.0-3.0	Sat Only	8:30-9:30 am	\$159	\$159	\$159
Adult 2	Beg/Int	2.0-3.0	Mon & Wed	6:00-7:00 pm	\$319	\$319	\$299
Adult 2	Beg/Int	2.0-3.0	Tue Only	12:00-1:00 pm	\$159	\$159	\$159
Adult 3	Int/Adv	3.0-3.5	Wed Only	12:00-1:00 pm	\$159	\$159	\$159
Adult 3	Int/Adv	3.0-3.5	Tue & Thu	6:00-7:00 pm	\$319	\$319	\$319
Adult 4	Advanced	4.0+	Sat Only	9:30-10:30 am	\$159	\$159	\$159
Adult 4	Advanced	4.0+	Mon Only	11:00am – 12:00pm	\$159	\$159	\$139

2017 JUNIOR TENNIS CLINICS

Clinic Name	School Age	Age	Level	Weekday	Time	Winter	Early Spring	Late Spring
Aces 1 Red Ball	Elementary	5-8	Beginner	Thur Only	2:00-3:00pm	\$143	\$143	\$143
Aces 1 Red Ball	Elementary	5-8	Beginner	Mon & Wed	4:00-5:00pm	\$287	\$287	\$269
Aces 1 Red Ball	Elementary	5-8	Beginner	Sat Only	11:30am-12:30pm	\$143	\$143	\$143
Aces 1 Orange Ball	Elementary	8-11	Beginner	Thur Only	2:00-3:00pm	\$143	\$143	\$143
Aces 1 Orange Ball	Elementary	8-11	Beginner	Mon & Wed	4:00-5:00pm	\$287	\$287	\$269
Aces 1 Orange Ball	Elementary	8-11	Beginner	Sat Only	11:30am-12:30pm	\$143	\$143	\$143
Aces 2 Green Ball	Elementary	8-11	Int & Adv	Tue & Thu	4:00-5:00pm	\$287	\$287	\$287
YELLOW BALL JUNIOR TENNIS CLINICS								
Aces 3	Middle School	10-14	Beg/Low Int	Mon & Wed	5:00-6:00pm	\$319	\$319	\$299
Aces 3	Middle School	10-14	Beg/Low Int	Sat Only	10:30-11:30am	\$159	\$159	\$159
Aces 4	Middle School	10-14	Int & Adv	Tue & Thu	5:00-6:00pm	\$319	\$319	\$319
Aces 4	Middle School	10-14	Int & Adv	Sat Only	9:30-10:30am	\$159	\$159	\$159
Aces 5	High School JV	14-18	Beg/ Low Int	Mon & Wed	3:00-4:00pm	\$319	\$319	\$299
Aces 6	High School Varsity	14-18	Int & Adv	Tue & Thu	3:00-4:00pm	\$319	\$319	\$319

JUNIOR TENNIS CLINICS: RED, ORANGE, GREEN, AND YELLOW BALL

- Aces 1 Red Ball, with mini courts with mini nets that are sized for success on a half-court.
- Aces 1 Orange Ball, shorter, 60 foot courts with regular nets so that students begin to develop feel and control on the court.
- Aces 2 Green Ball, full sized courts with regular nets and advancing to the green ball with a little more bounce.
- Yellow Ball Clinics for middle school, high school and adults use the regulation yellow ball for play.

In all of our clinics, we emphasize good sportsmanship, proper court behavior, the importance of discipline and practice, as well as the key value of positive self-talk with the competitive mindset.

Summer Slammers Tennis Camps

4 Days of Tennis-filled Fun!

With our Slammers Tennis Camps, you'll learn good habits from our certified Tennis Teaching Professionals who bring you the latest tips with professional instructions. Location of camps may vary. Please see our online schedule.

Li'l Slammers	Ages 5-8	10am-12pm	June 26-29	\$99
Li'l Slammers	Ages 5-8	10am-12pm	August 7-10	\$99
Junior Slammers	Ages 8-12	9am-12pm	July 10-13	\$179
Grand Slammers	Middle Sch.	9am-12pm	July 17-20	\$179
Grand Slammers	Middle Sch.	9am-12pm	July 31- Aug 3	\$179
Competitive Juniors	Middle & High Sch.	9am-3pm	July 24-27	\$299
Boys JV Pre-Season	High Sch JV	9am-12pm	Aug 14-17	\$179
Boys Varsity Pre-Season	High Sch Varsity	9am-12pm	Aug 14-17	\$179

FREE BEGINNER TENNIS CLINICS

Find out why tennis is so fun!

April 15 • June 10

Space is Limited!

Reserve now by calling the Club.

1 – 2 pm Elementary & Middle School
2 – 3 pm High School & Adult

NEW NAME! Bellingham Tennis Club is now...



BELLINGHAM
TRAINING & TENNIS
CLUB

NEW NAME! Bellingham Tennis Club is now...



BELLINGHAM
TRAINING & TENNIS
CLUB

WE ARE CHANGING THE FACE OF TRAINING & TENNIS

- WE'RE OPEN DURING OUR MASSIVE REMODEL CONSTRUCTION -

GROUP ESSENTIAL TRAINING (Large Group)

Get the benefit of working with a coach and variety in your movements to keep it fun!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am	Body Con	Indoor Cycle	Body Con	Indoor Cycle	Body Con	
7:00 am		Cardio Tennis (on court)			Indoor Cycle	
8:30 am	TRX Blast		TRX Blast		TRX Blast	Indoor Cycle 8:00 am
11:00 am	Body Con		Body Con		Body Con	
12:00 pm					Cardio Tennis (on-court)	
5:30 pm	Body Con	TRX Blast	Body Con	Indoor Cycle	Body Con	
6:30 pm	Indoor Cycle					

BODY CON Total Body Conditioning - a full body workout featuring a mix of strength, flexibility, and cardio that's challenging yet balanced. 45 min, max 16.

TRX BLAST A short, intense workout using suspension training to increase core stability, strength exercises to enhance performance and the challenge to keep you on your toes. All levels

welcome. 30 min, max 10.

INDOOR CYCLE A big calorie burn and fun, challenging, energizing workout. Learn good form and cycling skills too! 60 min, max 12.

CARDIO TENNIS

Get your heart rate up in this tennis + fitness class! All levels welcome. We have loaner racquets. 60 min, max 12.

MYZONE HEART RATE TRAINING & FITNESS TRACKER We believe in the system so much, that when you join the Club* we GIVE YOU a FREE MYZONE heart rate & fitness tracker (Value \$149). For every workout, inside the club or in the great outdoors, wear your heart rate strap to record your efforts and earn points to reach your fitness goals. It is so simple and so fun!

**Full enrollment fee required.*

SMALL GROUP TRAINING & FITNESS TRAINING CAMPS

Our Premium programs with a start and end date feature a planned progression of skills and strength.

2X per Week: TRX, Healthy Knees, and Cycle Moles 3X per Week: Small Group VIP Training

Included with GOLD Memberships or available ala carte; Members receive 15% discount. Tax is added to all pricing.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am	Cycle Moles Level 1		Cycle Moles Level 1		
8:30 am		Healthy Knees Cycle L1		Healthy Knees Cycle L1	
9:00 am	TRX Mobility	Healthy Knees Cycle L2 9:30 am		Healthy Knees Cycle L2 9:30am	TRX Mobility
10:00 am	VIP Training		VIP Training		VIP Training
4:30 pm		Healthy Knees Cycle L1		Healthy Knees Cycle L1	
6:45pm		Cycle Moles L2		Cycle Moles L2	



VIP TRAINING

Small Group Training Mon/Wed/Fri
You will make fast progress with total body training and the support of your fellow VIP members. We tailor the workouts to your needs and you get the benefit of personal training at a fraction of the price. Feel inspired! Change your life. Become your best you! Available only with our GOLD Memberships. 30 min., max 3-6.
Tennis Gold Membership \$249/mo.
Fitness Gold Membership \$199/mo.

TRX MOBILITY

Mon/Fri

Increase your functional range of motion, improve balance, and release muscle tension with unique exercises and stretches that can only be done with the TRX. The exercises are specifically chosen with knees, hips and shoulders in mind. 45 min., max 10.
\$136/mo. Ongoing.

HEALTHY KNEES CYCLING

8 Week Camps Tue/Thu
Do your knees ache? Are you recovering from an injury or surgery? Need a sensible start to a cardio program? Cycling is one of the best ways to strengthen your knees and hips without the damage from impact AND give benefit to your heart. We start with a private bike fit so you feel ready to go.

Early Spring 2/28 - 4/20
Late Spring 4/25 - 6/15

Level 1 45 min. (30 min. on bike + Strength & Stretch) \$179

Level 2 60 min. (45 min. on bike + Core & Stretch) \$239

CYCLE MOLES

8 Week Camps

New MYZONE with WATTS!
Indoor cycle training with a progressive training plan to make you stronger and fitter! Learn the secrets of comfort and cycling techniques to enhance your ride indoors or outside. Spinning bike or your bike on our trainer.

Early Spring 2/28 - 4/20
Late Spring 4/25 - 6/15

Level 1 Mon & Wed; 7:00am; 60 min.
(55 min. on bike + 5 min stretch) \$239

Level 2 Tue & Thu; 6:45pm; 90 min.
(75 min. on bike + 15 min CORE & stretch)
\$359

NEW NAME! Bellingham Tennis Club is now...



BELLINGHAM
TRAINING & TENNIS
CLUB