

This isn't your grandpa's tennis club anymore!

Refinished courts - New lighting - Remodeled lobby & locker rooms
All NEW 'STRONG' training floor & 'RIDE' cycle studio

Bellingham
Tennis Club
is now...



BELLINGHAM
TRAINING & TENNIS
CLUB

TENNIS CLINICS: 2X per week all Summer!

Stay consistent and build
skills with 8 week sessions.

Summer Session 6/26 - 8/17
(No clinics on 7/3 & 7/4)

Fall Session 9/5 - 10/29

STAGE	RED	ORANGE	GREEN
AGE	5 - 8	9 - 10	11 and up
BALL	 Red felt or foam Moves slower and bounces lower than orange ball	 Orange Moves slower and bounces lower than green ball	 Green Slightly reduced bounce from yellow ball
COURT SIZE			

Clinic Name	Level	Ages	Weekday	Time	Price
RED BALL - ORANGE BALL - GREEN BALL					
Aces 1	Red Ball Beginner	5 - 8	Mon & Wed	4:00 - 5:00pm	\$269
Aces 1	Orange Ball Beginner	8 - 11	Mon & Wed	4:00 - 5:00pm	\$269
Aces 2	Green Ball Intermediate	8 - 11	Tue & Thu	4:00 - 5:00pm	\$269
- YELLOW BALL -					
Aces 3	Beg & Int	Middle School	Mon & Wed	5:00 - 6:00pm	\$299
Aces 4	Int & Adv	Middle School	Tue & Thu	5:00 - 6:00pm	\$299
Aces 5	Beg & Int: Junior Varsity	High School	Mon & Wed	3:00 - 4:00pm	\$299
Aces 6	Int & Adv: Varsity	High School	Tue & Thu	3:00 - 4:00pm	\$299
Adult 1	Learn to Play (Beginner)	Adult	Mon & Wed	6:00 - 7:00pm	\$299
Adult 2	Beg & Int	Adult	Tue	12:00 - 1:00pm	\$139
Adult 2	Beg & Int	Adult	Mon & Wed	6:00 - 7:00pm	\$299
Adult 3	Int & Adv	Adult	Wed	12:00 - 1:00pm	\$159
Adult 3	Int & Adv	Adult	Tue & Thu	6:00 - 7:00pm	\$299
Adult 4	Adv	Adult	Mon	11:00am - 12:00pm	\$139

SUMMER SLAMMERS TENNIS CAMPS

With our Slammers Tennis Camps, you'll learn good habits from our certified Tennis Teaching Professionals who bring you the latest tips with professional instruction. Camps are 4 days of tennis-filled fun! Location of camps may vary. Please see our online schedule. Don't Wait to Sign up – these camps always fill!

Locations: **BTTC** = Bellingham Training & Tennis Club **BHS** = Bellingham High School

Li'l Slammers

Ages: 5-8 Dates: June 26-29 or Aug. 7-10
Time: 10am-12pm Price: \$99 Loc: BTTC
We use smaller courts and bigger balls for a quick start, success, and fun! All camps are held indoors at the Club.

Junior Slammers

Ages: 8-12 Dates: July 10-13
Time: 9am-12pm Price: \$179 Loc: BHS
Get the best start to tennis! Develop eye-hand coordination skills, learn proper tennis etiquette, and the essential drills and skills to enjoy the game and a feeling of success.

Grand Slammers

Ages: Middle School
Dates: July 17-20 or July 31-Aug 3
Time: 9am-12pm Price: \$179 Loc: BHS
Middle school is a great time to learn tennis! We'll show you how to get started right away and you'll have fun learning tennis through drills and games. All levels of play are welcome, we separate into groups based on skill levels so everyone is challenged.

Competitive Juniors

Ages: Middle-High School
Dates: July 24-27 Time: 9am-3pm
Price: \$299 Loc: BHS
In this full day camp, get the benefit of 3 hours on-court tennis skills and drills physical fitness training and strategies to get control of your mental game. Your professional coaches will bring you all aspects that are critical for taking your game by improving your physical skills and mental game. This camp is open to tournament-ready middle and high school players.

JV & Varsity Boys High School Pre-Season Camp

Dates: Aug 14-17 Time: 9am-12pm
Price: \$179 Loc: BHS
Get a jump on your tennis season with professional instruction that focuses on skills that you won't have time for with your high school teams. The Competitive and JV/Varsity camps will focus on refining basic strokes to up your competitive level. We'll cover grips, stroke essentials, and play drills and games to sharpen your game.

ADULT SUMMER TENNIS LEAGUES + PLUS!

Meet new players and have fun with light competition! Tennis Leagues are fun way to practice your skills and expand your comfort on the courts. Open to everyone! We'll keep score all summer to award prizes at the end. PLUS...This isn't just any league...every night, our Tennis Pro will be there to help arrange play, give you tips for improvement, and fill in if you are short a player. A can of balls is also provided for each court. If you aren't sure about your playing level, please call us for a 30 minute "placement lesson" – its just \$35!

Each league is only \$80 for the 8-week series. Held at Bellingham High School

Beginning - Intermediate (NTRP 3.0-3.5)
Thursdays 6-8pm @ BHS June 29-Aug 17

Advanced (NTRP 4.0+) Wednesdays 6-8pm
@ BHS June 28-Aug 16



SUMMER TENNIS TOURNAMENTS

Bellingham Junior Challenger
Aug 10-11, 2017
for ages 12 & under, 14 & under, 16 & under

Bellingham City Open
Aug 11-13, 2017
Men & Women Singles Open & 3.5;
(USTA Sanctioned Tournament)
Men, Women, & Mixed Doubles Open and Teams 7.5
- Register through USTA -

Bellingham Tennis Club is now...



BELLINGHAM
TRAINING & TENNIS
CLUB

360.733.5050

Grand Reveal Open House May 20, 2017 10:00am - 3:00pm

move...
play...
live...
be...

BETTER!



BELLINGHAM
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It isn't just about the workouts, it is also about community and enjoying your time while you do something GOOD for yourself and good for your body. We are a high-end boutique facility with a non-competitive fitness atmosphere so that you can focus on what is best for you — not what everyone else is doing. With our group and private training, you get the guidance you need and the encouragement to keep improving whether it is in our **"strong"** functional training zone, in our **"ride"** cycle studio, or on our **tennis** courts.

Change your body and you'll change your life. If you want to reduce pain so that you move with more ease, improve strength so that you can feel confident in your adventures, or shed unwanted pounds so that you feel good in your own body again, we invite you to give us a try.

We've just completed our head-to-toe remodel to bring you the very best.

- Completely remodeled lobby and locker rooms for a welcoming and comfortable experience
- Tennis Courts completely refurbished with new LED lights for great playability
- Completely renovated fitness area – fresh, modern, inspiring
- All new "strong" functional training zone – with private and group training for all levels of fitness
- All new "ride" cycle studio – experience Bellingham's first and best
- All new cardio equipment - with wi-fi and active video training around the world



You are invited to our
Grand Reveal Open House
May 20, 2017 10:00am – 3:00pm

Win Big! Over \$1800 in Prizes!
Special 1 Day Only Fitness Joining Packages -
\$0 Initiation & \$0 for May!

Try & Win! Try any of our activities and win a cool T-Shirt and a FREE PASS for you and a friend to try a class!

TRY TENNIS – FREE Instruction!

- 1:00-1:30 Groundstrokes
- 1:30-2:00 Fast Serve Contest (win a racquet!)
- 2:00-2:45 Cardio Tennis (all playing levels welcome)
- 12:00-3:00 Play with a Pro! 30 minutes on court

TRY FITNESS

- 10:30 & 1:00 **Thinner Winner Summer Challenge Info Session** – Find out how you could win \$1000!

Plus all day during our Open House TRY IT:

- “ride” Cycle Studio - Bike Fit – learn how to set up a bike properly for you
- “strong” Functional Training Zone – experience it
- Personal Trainers – available to answer your questions

ride ...Bellingham’s first indoor cycle studio!

- Stadium-style bikes
- Cool LED sound to music + black lights
- Keiser M3i bikes with Heart Rate and Watts
- MYZONE heart rate training system

...a cycling experience like no other

We love that feeling you get from a great ride – and now you can guarantee you’ll get it! Check out our new studio with your first ride free – call us to schedule your complimentary bike fit before you ride (value \$85).

**Thinner Winner
6 Week Summer Challenge**

June 5 - July 14

Thinner Winner Info Sessions 5/20 at 10:30 & 1:00
Find out more – lose fat, win big!

For many, this contest sparks the beginning of change. For others, it’s a fun way to rally together with friends and co-workers to support each other in living healthy. It’s not a gimmick or fad diet. It’s six weeks of accountability, support and fun with proven success.

Kick-off Party! June 5th 6:30pm

Last minute registration, team photo and bike fits

ONE TEAM WILL WIN \$1000

Includes:

- Weekly contact with your coach
- Nutritional Guidance
- Accountability weigh-ins “before” “mid” “after” with measurements and bodyfat
- Unlimited access to Group Training & Cycling Classes
- Full fitness club access for workouts on your own
- Discounts on ACME Farms fresh, healthy, local food kits
- Weekly prizes!

Start building your team of 4 - 6*! Recruit your family, friends, and co-workers. Members \$25/\$50 Non-Members \$99

**Each team must include one non-member.*

Come ride with us!

Check our current schedule at www.BeTrainingTennis.com

- Drop-in Classes – always a great workout with plenty of satisfying sweat.
- Healthy Knees Cycling (8 Week Camps – great for first time cyclists or those with knee pain)
- Cycle Moles (8 Week Camps - for fitness enthusiasts to competitive cyclists who want to train with a purpose and plan)

360.733.5050



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