



2017-2018 JUNIOR TENNIS CLINICS

Take 25% OFF your first tennis clinic with us!

Great 8 Week Sessions! More flexibility to meet your schedule.

Plan ahead with our school-year schedule for kids and adults. Priority Enrollment for Members thru 8/14/17.

Open Registration (non-members) begins 8/15 for all sessions through late spring.

Prices vary based on the number of classes in each 8 week session (variation due to holidays). Tax is added to all prices.

Early Fall Sep 5 - Oct 29	Late Fall Oct 29 - Dec 23	Winter Jan 2 - Feb 25	Early Spring Feb 26 - April 22	Late Spring Apr 28 - Jun 17
NO Clinic 9/4/17	NO Clinic 11/23, 12/1 - 12/3 YES Clinic on 11/11	YES to all days!	NO Clinics (Spring Break), 4/2 - 4/6 YES clinic on 3/31 & 4/7	NO Clinic 5/27 & 5/28

RED, ORANGE, GREEN, AND YELLOW BALL TENNIS CLINICS

Our Red-Orange-Green ball tennis clinics are about fitting tennis to kids based on age and ability. The colored balls are graduated in size and bounce to give each child control and success. Regulation yellow balls are used for middle school ages and up. Beginner levels are open to anyone. Placement in the Intermediate/Advanced levels requires approval from one of our Pros from previous clinic experience or by taking a "Placement Lesson" (by appointment only).



ELEMENTARY	LEVEL	AGES	WEEKDAY	TIME	EARLY FALL		LATE FALL	
					MEMBER	GUEST	MEMBER	GUEST
Aces 1 Red Ball	Beginner	5 - 8	Thu Only	2:00 - 3:00pm	\$143	\$159	\$125	\$139
Aces 1 Red Ball	Beginner	5 - 8	Mon & Wed	3:00 - 4:00pm	\$269	\$299	\$287	\$319
Aces 1 Red Ball	Beginner	5 - 8	Sat Only	11:30am - 12:30pm	\$143	\$159	\$125	\$139
Aces 1 Orange Ball	Beginner	8 - 11	Thu Only	2:00 - 3:00pm	\$143	\$159	\$125	\$139
Aces 1 Orange Ball	Beginner	8 - 11	Mon & Wed	3:00 - 4:00pm	\$269	\$299	\$287	\$319
Aces 1 Orange Ball	Beginner	8 - 11	Sat Only	11:30am - 12:30pm	\$143	\$159	\$125	\$139
Aces 2 Green Ball	Int & Adv	8 - 11	Tue & Thu	3:00 - 4:00pm	\$287	\$319	\$269	\$299

JUNIORS - YELLOW BALL	LEVEL	AGES	WEEKDAY	TIME	EARLY FALL		LATE FALL	
					MEMBER	GUEST	MEMBER	GUEST
Aces 3 - Middle School	Beg/Low Int	10 - 14	Mon & Wed	5:00 - 6:00pm	\$269	\$299	\$287	\$319
Aces 3 - Middle School	Beg/Low Int	10 - 14	Sat Only	10:30 - 11:30am	\$143	\$159	\$125	\$139
Aces 4 - Middle School	Int & Adv	10 - 14	Tue & Thu	5:00 - 6:00pm	\$287	\$319	\$269	\$299
Aces 4 - Middle School	Int & Adv	10 - 14	Sat Only	9:30 - 10:30am	\$143	\$159	\$125	\$139
Aces 5 - HS JV	Beg/Low Int	14 - 18	Mon & Wed	4:00 - 5:00pm	\$269	\$299	\$287	\$319
Aces 6 - HS Varsity	Int & Adv	14 - 18	Tue & Thu	4:00 - 5:00pm	\$287	\$319	\$269	\$299



JETT ~ JUNIOR ELITE TENNIS TEAM

Ready for tournament play? Our JETT teams have longer practices and focus on the physical and mental game for competition. Juniors must be pre-approved by our Tennis Pros to join our tournament ready team.

		EARLY FALL		LATE FALL	
		MEMBER	GUEST	MEMBER	GUEST
JETT 18 & Under	Wed 7:00-8:45pm & Sun 5:00-6:15pm	\$431	\$479	\$386	\$429
JETT 14 & Under	Fri 5:00-6:15pm & Sun 3:45-5:00pm	\$359	\$399	\$291	\$324



2017-2018 ADULT TENNIS CLINICS
Take 25% OFF your first tennis clinic with us!

ADULT CLINICS	LEVEL	NTRP	WEEKDAY	TIME	EARLY FALL		LATE FALL	
					MEMBER	GUEST	MEMBER	GUEST
Adult 1	Beginner	Beginner	Mon & Wed	6:00 - 7:00pm	\$269	\$299	\$287	\$319
Adult 1	Beginner	Beginner	Sat Only	8:30 - 9:30am	\$143	\$159	\$125	\$139
Adult 2	Beg/Int	2.0-2.5	Mon & Wed	6:00 - 7:00pm	\$269	\$299	\$287	\$319
Adult 2	Beg/Int	2.0-2.5	Sat Only	8:30 - 9:30am	\$143	\$159	\$125	\$139
Adult 2	Beg/Int	2.0-2.5	Tue Only	12:00 - 1:00pm	\$143	\$159	\$143	\$159
Adult 3	Int	3.0-3.5	Wed Only	12:00 - 1:00pm	\$143	\$159	\$143	\$159
Adult 3	Int	3.0-3.5	Tue & Thu	6:00 - 7:00pm	\$287	\$319	\$269	\$299
Adult 4	Adv	4.0+	Sat Only	9:30 - 10:30am	\$143	\$159	\$125	\$139
Adult 4	Adv	4.0+	Mon Only	11:00am - 12:00pm	\$125	\$139	\$143	\$159

Tax will be added to all prices.



FREE BEGINNER TENNIS CLINICS

Find out why tennis is so fun!

Learn basic strokes, how to hold a racquet and more!

August 26 - October 21 - December 16

Space is Limited! Reserve now by calling the Club.

1 - 2pm Elementary & Middle School

2 - 3pm High School & Adult



TENNIS TOURNAMENTS

- Open to Non-Members -

Oktoberfest Doubles Tournaments - Yah!

Oct 6-8, 2017 \$25 PER ENTRY

Doubles Teams for Men, Women, Mixed

Combined Team NTRP of Open, 7.5, 7.0, 6.0

Includes Bratwurst & Beverages on Saturday

Holiday Open Tennis Tournament (USTA Sanctioned)

Dec 1-3, 2017 REGISTER ONLINE USTA

\$33 Singles, \$28 Doubles

Open: Men & Women Singles, Doubles, Mixed

Singles: 3.0 & 3.5 Men & Women

7.5 Doubles Teams: Men, Women, Mixed

PRIVATE TENNIS LESSON PACKAGES
AVAILABLE FOR
MEMBERS & CLUB GUESTS ~ JUST ASK!

CALL NOW! 360.733.5050



EARLY FALL SCHEDULE SEPT 5 - OCT 28

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am	Strong 45 Elizabeth	Ride 60 Elizabeth	Strong 45 Elizabeth	Ride 60 Elizabeth	Strong 45 Elizabeth	
6:30 am		Strong 45 Kendyl				
7:00 am	Cycle Moles Daniel PP	Cardio Tennis Matthew	Cycle Moles Daniel PP		Ride 60 Elizabeth	
8:30 am	TRX 30 - L1 Elizabeth	Healthy Knees 1 Robin PP	TRX 30 - L1 Elizabeth	Healthy Knees 1 Robin PP	TRX 30 - L1 Elizabeth	8:00am Ride 60 Daniel
9:00 am	TRX Mobility Daniel PP	TRX 45 - L2 Elizabeth	Ride 60 Daniel	TRX 45 - L2 Elizabeth	TRX Mobility Jackie PP	
9:30 am	Ride 30 L2 Jackie	Healthy Knees 2 Jackie PP		Healthy Knees 2 Jackie PP		
10:00 am	VIP - Tyler PP		VIP Tyler PP		VIP - Tyler PP	
	Ride 30 L1 - Jackie			Ride 30 L1 - Jackie		
10:30 am					Ride 30 L2 - Jackie	
11:00 am	Body Con 45 Tyler		Body Con 45 Daniel		Body Con 45 Tyler	
12:00 pm					Cardio Tennis Griffin	
4:30 pm		Healthy Knees 1 Robin PP		Healthy Knees 1 Robin PP		
5:30 pm	Strong 45 Tyler	Ride 60 Daniel	Strong 45 - Roxanne	Ride 60 Matt V	Strong 45 Tyler	
			Ride 60 - Elizabeth			
6:30 pm	Ride 60 Matt V	6:45pm Cycle Moles Robin PP		6:45pm Cycle Moles Matt V PP		

PP PREMIUM PROGRAMS: Fitness Camps | Enrollment Required
 Classes in shaded areas held in the RIDE Cycle Studio.

GET Fit & Premium Program Descriptions

GET FIT (Group Essential Training)

DROP-IN CLASSES (included with Silver & Gold Memberships, or \$18/Class)

STRONG 45

Strength + cardio conditioning for general population. Includes intervals on cardio equipment and strength with kettlebells, TRX, weight stacks + more! 45 minutes.

BODY CON 45

Total Body Conditioning (Body Con for short) is a full body workout featuring a mix of strength, flexibility and cardio suited for the active aging population. 45 minutes.

RIDE 30

This short, 30-minute interval training class offers two levels to choose from. We highly recommend warming up before this workout.

Level 1 = shorter intervals and longer recovery periods for those just starting out, beginning their conditioning or needing a lighter workout day.

Level 2 = more intense with longer working intervals and shorter recovery periods for maximum effort and calorie burn.

RIDE 60

This cycle class offers a big calorie burn and fun, challenging & energizing workouts. Ride focus and difficulty varies throughout the month. Work at your own level. 60 minutes.

TRX 30 + 45 (L1 & L2)

These new TRX workouts are geared toward specific ability and experience levels.

Level 1 = for the TRX newbie. 30 minutes

Level 2 = for the seasoned TRXer looking for more advanced moves. Not recommended for participants with limited physical abilities or injuries. Prior TRX experience required. 45 minutes.

CARDIO TENNIS

Fast-paced drills and games on the tennis court will keep your body in constant motion, improve your speed & agility, and burn a ton of calories. Expect to sweat! 60 minutes. (Recommended skill level of 2.5+ and the ability to run on court.)

PREMIUM PROGRAMS

Fitness Camps | Enrollment Required

"VIP"

VIP is Small Group Training by a Personal Trainer. Available only with Gold Memberships (waitlist available at front desk). 30 minutes. Max 6 participants. Drop-ins not available.

TRX MOBILITY

This active aging workout is performed 100% on the TRX to improve balance, increase strength and release muscle tension. 45 minutes. This is a monthly camp that requires registration. Monthly fee: \$136 non-members; \$115.60 members.

8 WEEK CYCLE CAMPS (*below*)

 **EARLY FALL** starts 9/5/17

 **LATE FALL** starts 10/30/17

 **WINTER** starts 1/2/18

HEALTHY KNEES CYCLING: Tue/Thu

The perfect solution for achy knees and recovery from an injury or surgery. Cycling is one of the best ways to strengthen your knees, hips AND heart. You'll receive a private bike fit to prepare for class.

Level 1 45 min (30 min on bike + 15 min strength & stretch)
Early Fall \$179, Late Fall \$167, Winter \$179

Level 2 60 min (45 min on bike + 15 min strength & stretch)
Early Fall \$239, Late Fall \$224, Winter \$239

CYCLE MOLES

Our indoor cycle training program has a specific progressive plan to make you stronger and fitter! Learn the secrets and techniques to enhance your ride indoors or outside.

Level 1 Mon & Wed 7:00 am - 60 min (55 min on bike + 5 min stretch) Early Fall \$224, Late Fall \$239, Winter \$224

Level 2 Tue & Thu 6:45 pm - 90 min (75 min on bike + 15 min CORE & stretch) Early Fall \$359, Late Fall \$329, Winter \$359

360.733.5050



BELLINGHAM
TRAINING & TENNIS
CLUB