

# BBCCTENNIS PROGRAMS

*2019*



**BLUE BELL**  
*Country Club*

# Adult Programs

## NEW PLAYERS CLINIC

This class is designed for players who are beginners. The ideal candidate for this program would be an adult who has just decided to pick up a tennis racket, or has played before but has taken some time off. We will be learning the basics of tennis such as forehands, backhands, volleys, and serves. We will also learn about the proper grips, swing path, footwork and rules.

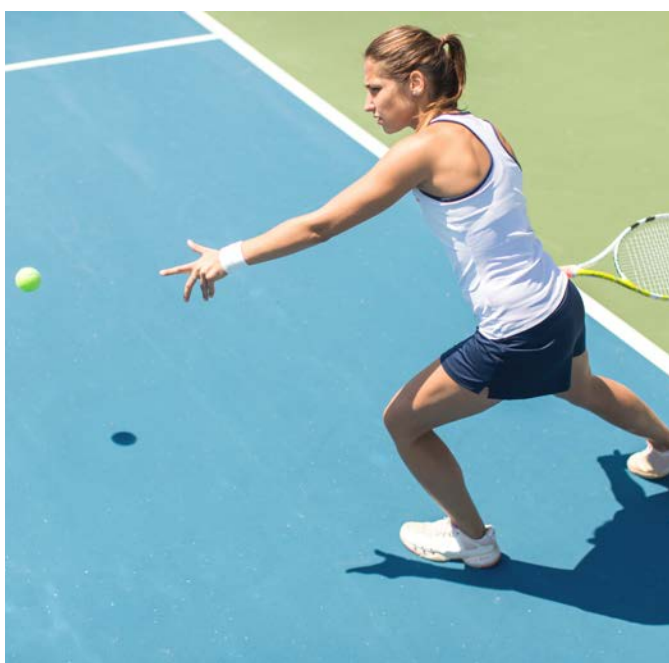
Length	90 Minutes
Days	M / W / F
Time	M/F 6:30-7:30PM W 7:30-8:30PM
Pricing	Per class (sign up): \$60 Per class (walk-in): \$70 Per week (sign up MWF): \$160



## INTERMEDIATE CLINIC

This class will follow the new players clinic as noted above. We will focus more on all of the strokes of tennis. This class is ideal for people who have some experience and need some help with mechanics and strategy.

Length	90 Minutes
Days	M / W / F
Time	M/F 7:30-8:30PM W 6:30-7:30PM
Pricing	Per class (sign up): \$60 Per class (walk-in): \$70 Per week (sign up MWF): \$160



# Adult Programs

## TENNIS DRILLS

This class will involve numerous drills for the entire duration of the class. The drills will allow the participant to practice all the shots in tennis. This program is for people who want to hit as many balls as possible in an hour session. Anyone who is interested in shot repetition, getting a great workout, or improving their overall tennis game should sign up for this class.

Length	60 Minutes
Days	T / TH
Time	7:00PM - 8:00PM
Pricing	Per class (sign up): \$40 Per class (walk-in): \$50



## CARDIO TENNIS

Tennis is one of the best cardiovascular activities. In this class, we are primarily concerned with getting a great workout in while playing tennis. This class incorporates a fun atmosphere while also maintaining a level of high intensity. Music will be playing during the duration of this class and we guarantee that you have a great time! An ideal candidate for this class would be someone who is looking for a different type of high intensity cardio workout and wants to have an enjoyable time. All skill levels welcome.

Length	60 Minutes
Days	TH / SAT
Time	TH 6:00-7:00PM SAT 8:00-9:00AM
Pricing	Per class (sign up): \$50 Per class (walk-in): \$60



# JUNIOR

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tennis  
programs

# Junior Programs

## RED BALL

This clinic is designed for children ages 7 and under. At this age, developing hand-eye coordination is essential. The goal of this class is to develop hand-eye coordination through athletic skills in order to form an accurate swing. This is a key starting point of a child's tennis game.

Length	45 Minutes
Days	SAT
Time	SAT 10:00AM-10:45AM
Pricing	Per class (sign up): \$30 Per class (walk-in): \$35 Per week (sign up MWS): \$80



## ORANGE/GREEN BALL

This clinic is designed for children between the ages of 8 and 12. Children who are between 8 and 10 will be using orange dot tennis balls, and children between the ages of 10 and 12 will be using green dot tennis balls. Using the correct tennis balls are key for player development. During this class we will be developing the necessary shots and skills with the end goal to rally. The goal of this class is to perfect a player's form and allow them to master the orange and green dot balls before moving to regular tennis balls.

Length	60 Minutes
Days	SAT
Time	SAT 9:00-10:00AM
Pricing	Per class (sign up): \$40 Per class (walk-in): \$50 Per week (sign up MWS): \$100



# PRIVATE TENNIS LESSONS



Private lessons are a great way to improve a players game. During these private lessons, the player will get the coaches full attention and work to drastically improve their game.

If you sign up for a series of 6 lessons, you will get a 5% discount. If you sign up for a series of 12 lessons, you will get a 10% discount.

# Players	30 Min Session (Price Per Person)	60 Min Session (Price Per Person)	90 Min Session (Price Per Person)	120 Min Session (Price Per Person)
1	\$40	\$80	\$120	\$160
2	\$30	\$50	\$75	\$90
3	\$25	\$45	\$70	\$85
4	\$20	\$40	\$60	\$80

## *Interested in Round Robin Tournaments or Group Socials?*

Whether you have a competitive tennis spirit or are looking to have fun and network with fellow players, BBCC's 2019 Program has something for you. Stay tuned for more tournament and social event details.

# General Tennis Rules

Appropriate tennis attire is required for all players. Cut-off jeans, bathing suits, sleeveless shirts for men and other such clothing are unacceptable. Shirts must be worn at all times. Smoothsoled tennis shoes are mandatory.

1. All persons preparing to enter or cross a court should wait until play has halted, then proceed quickly and quietly to their court.
2. All persons requesting the return of a tennis ball from another court should ask only when play on that court has halted.
3. All persons are requested to refrain from loud or offensive language on the court or while spectating. A low profile is both appropriate and appreciated.
4. Persons not playing should stay off the court surfaces.
5. Children should not play games in the areas of the courts. Skating, rollerblading and the use of scooters is prohibited.
6. Courts should be vacated promptly after the reserved playing time is over.
7. No food or cups are permitted on the courts.
8. A maximum playing time of two (2) hours is permitted.
9. Players should observe general rules of etiquette and respect other players while on the tennis courts
10. Silence cell phones will on the courts.
11. No smoking on the courts at any time.
12. Chewing gum not allowed on tennis courts
13. Dispose of trash in receptacles.



## *Tennis Professional, Brittany Poje*

Brittany Poje brings a long resume of experience to the table as Blue Bell Country Club's Tennis Professional. Her passion, skill, and expertise will take your tennis game to the next level with programs for all ages and tennis experience. Players are welcome to sign up for programs listed in this booklet. Register in advance via email or text and specify the player name and clinic of interest.

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**Phone:** 347-844-2972



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