



BELLINGHAM  
**TRAINING & TENNIS**  
CLUB  
Cycle • Tennis • Strength

# 8-WEEK TENNIS CLINICS

Summer 2020 Session  
June 29-August 23



## ACES 1 Red Ball Ages 5-8 Beg.

We use a half-sized court and slower bouncing red balls to work on control and placement.

## ACES 1 Orange Ball Ages 8-11 Beg.

Shorter, 60-foot courts with regular nets allow players to begin to get the feel and control on the tennis court.

## ACES 2 Green Ball Ages 8-11 Int.- Adv.

With full sized courts and regular nets, players use the green ball that bounces lower to learn more control.

## ACES 3 Middle School Beg.

Players will have fun while learning the fundamentals of the forehand and backhand ground strokes, volleys, and serve.

## ACES 4 Middle School Int.-Adv.

Players continue to learn tennis rules, skills to place ball with different paces, develop fitness, and introduce singles and doubles strategy. Pre-requisite Aces 2 or 3 & Pro Approval.

## ACES 5 High School JV

Players continue to practice stroke fundamentals to create a solid game ready for tournaments. Athletic fitness and mental toughness with positive mindset is a key part of training at this level. No pre-requisite.

## ACES 6 Varsity

In addition to refining stroke fundamentals, we introduce focus on specialty shots with game strategy to sharpen competitive edge. Students are expected to play Competitive Tournaments. Pre-requisite is Aces 4.



## ADULT 1 Novice-No experience needed!

Have fun while learning how to score and the fundamentals of the forehand and backhand ground strokes, volleys, and serve.

## ADULT 2 Beg.- Int.(NTRP 2.0-2.5)

For new players who want to build consistency with basic strokes along with learning elements of strategy.

## ADULT 3 Int. (NTRP 3.0-3.5)

Hone your skills and add variety with spins on your groundstrokes and serves, advanced strategy, and incorporating fitness to improve stamina on the court.

## ADULT 4 Advanced (NTRP 4.0+)

Sharpen your skills with consistent, intense hitting and professional coaching.



## JUNIOR ELITE TENNIS TRAINING

Select training for advanced players to sharpen competitive edge. Required BTTC coach recommendation.

Turn over for pricing and schedule



# SUMMER 2020 TENNIS CLINICS

## June 29-August 23



Clinic	Age	Level	Day	Time	Weeks	Guest	Member
Aces 1 Red	Elem 5-8 yrs	Beg	MON	3:00-4:00	8	\$164	\$148
Aces 1 Red	Elem 5-8 yrs	Beg	WED	3:00-4:00	8	\$164	\$148
Aces 1 Orange	Elem. 8-11 yrs	Beg	MON	3:00-4:00	8	\$164	\$148
Aces 1 Orange	Elem. 8-11 yrs	Beg	WED	3:00-4:00	8	\$164	\$148
Aces 2 Green	Elem. 8-11 yrs	Int-Adv	TUE	3:00-4:00	8	\$164	\$148
Aces 2 Green	Elem. 8-11 yrs	Int-Adv	THU	3:00-4:00	8	\$164	\$148
Aces 3	Middle School	Beg-Int	MON	5:00-6:00	8	\$164	\$148
Aces 3	Middle School	Beg-Int	WED	5:00-6:00	8	\$164	\$148
Aces 4	Middle School	Int-Adv	TUE	5:15-6:15	8	\$164	\$148
Aces 4	Middle School	Int-Adv	THU	5:15-6:15	8	\$164	\$148
Aces 5	High School	JV	MON	4:00-5:00	8	\$164	\$148
Aces 5	High School	JV	WED	4:00-5:00	8	\$164	\$148
Aces 6	High School	Varsity	TUE	4:00-5:15	8	\$205	\$185
Aces 6	High School	Varsity	THU	4:00-5:15	8	\$205	\$185
JETT	14 & U	Select	FRI	5:00-6:15	8	\$205	\$185
Adult 1	Adult	Beginner	MON	6:00-7:00	8	\$164	\$148
Adult 1	Adult	2.5-3.0	MON	7:00-8:00	8	\$164	\$148
Adult 1	Adult	Beginner	WED	6:00-7:00	8	\$164	\$148
Adult 1	Adult	Beginner	THU	12:00-1:00	8	\$164	\$148
Adult 2	Adult	2.5-3.0	MON	6:00-7:00	8	\$164	\$148
Adult 2	Adult	2.5-3.0	TUE	12:00-1:00	8	\$164	\$148
Adult 2	Adult	2.5-3.0	WED	6:00-7:00	8	\$164	\$148
Adult 3	Adult	3.0-3.5	TUE	6:15-7:30	8	\$205	\$185
Adult 3	Adult	3.0-3.5	WED	12:00-1:00	8	\$164	\$148
Adult 3	Adult	3.0-3.5	THU	6:15-7:30	8	\$205	\$185
Adult 4	Adult	4.0+	MON	11:00-12:00	8	\$164	\$148
Adult Dbls	Adult	Dbls 3.0+	SUN	1:30-2:30	7	\$144	\$130

**Enrollment Open | Call 360-733-5050 | 25% off your 1st Clinic!**