



Bellingham Tennis Club ...be fit, play hard, & enjoy life! 360-733-5050

**CALL TO REGISTER
360.733.5050**



SUMMER SESSION TENNIS CLINICS

Going on vacation? Here's a deal...

SIGN UP FOR ALL 3 MONTHS AND GET 2 WEEKS FREE!

SS1 / JUNE: 6/6 - 7/2 | SS2 / JULY: 7/11 - 8/6 | SS3 / August: 8/8 - 9/3

Twice per week instruction — stay consistent to build your skills all summer long.

PRICE: ACES 2x/wk \$160 - OR - ADULTS 1x/wk \$80

Sign up for all 3 and get 2 weeks free! Sorry, no partial months, no make-ups.

Clinic Name	Level	Ages	Weekday	Time	Price (15% off for members)	All 3 Summer Sessions!
Aces 1	Red Ball Beginner	5-8	Mon & Wed	4:00-5:00pm	\$160	\$399 (save \$81)
Aces 1	Orange Ball Beginner	8-11	Mon & Wed	4:00-5:00pm	\$160	\$399 (save \$81)
Aces 2	Green Ball Intermediate	8-11	Tue & Thu	4:00-5:00pm	\$160	\$399 (save \$81)
Aces 3	Beg & Int	Middle School	Mon & Wed	5:00-6:00pm	\$160	\$399 (save \$81)
Aces 4	Int & Adv	Middle School	Tue & Thu	5:00-6:00pm	\$160	\$399 (save \$81)
Aces 5	Beg & Int: Junior Varsity	High School	Mon & Wed	3:00-4:00 pm	\$160	\$399 (save \$81)
Aces 6	Int & Adv: Varsity	High School	Tue & Thu	3:00-4:00 pm	\$160	\$399 (save \$81)
Adult 1	Learn to Play (Beginner)	Adult	Mon OR Wed	6:00-7:00 pm	\$80	\$199 (save \$41)
Adult 2	Beg & Int	Adult	Mon OR Wed	6:00-7:00 pm	\$80	\$199 (save \$41)
Adult 3	Int & Adv	Adult	Tue OR Thu	6:00-7:00 pm	\$80	\$199 (save \$41)

*Drop-ins are \$25 per person per day only for intermediate & advanced levels. Sorry, no drop-ins for beginner-intermediates.

PLAY TENNIS AT THE BELLINGHAM TENNIS CLUB!

**MAY 7th -
FREE BEGINNING
TENNIS CLINICS!**

Learn the basics with professional instruction!

1:00-2:00 pm Elementary & Middle School Clinics

2:00-3:00 pm High School & Adults Clinics

Space is limited - call the Club to reserve now!



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.

Locations: BTCFF = Bellingham Tennis Club
SHS = Sehome High School

Li'l Slammers

Ages: 5-8
Dates: June 20-23 or July 18-21
Time: 10am - 12pm
Price: \$99 Loc: BTCFF

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 11-14 Time: 9am - 12pm
Price: \$179 Loc: SHS
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: June 27-30 or Aug. 8-11
Time: 9am - 12pm
Price: \$179 Loc: SHS
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 - Full Day

Ages: Middle-High School
Dates: July 25 - 28 Time: 9am-3pm
Price: \$299 Loc: SHS
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. 15-18 Time: 9am - 12pm
Price: \$179 Loc: SHS
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. We 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. 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 30 - Aug 18

Advanced (NTRP 4.0+)
Wednesdays 6-8pm @ BHS June 29 - Aug 17

SUMMER TENNIS TOURNAMENTS



Bellingham Junior Challenger

August 11 - August 12
For ages 12 & under, 14 & under, 16 & under

Bellingham City Open

August 12 - August 14
Men & Women Singles Open & 3.5;
(USTA Sanctioned Tournament) Men, Women, &
Mixed Doubles Open and Teams 7.5
- Register through USTA

Don't wait to sign up, these camps always fill!



800 McKenzie Avenue
Bellingham WA 98225

FOR REGISTRATION INFO
360.733.5050

SIGN UP NOW ONLINE!
www.bellinghamtennis.com



HEALTHY KNEES CYCLING

5 Week Camps Start 6/6 & 7/18

Do your knees ache? Are you recovering from an injury or surgery? Cycling is one of the best ways to strengthen your knees without the damage from impact. The most crucial step to good knee health starts with our private bike fit to learn how to set up your bike to protect your knees. During our classes we practice good cycling technique and progress to building strength and stamina. Programs designed by Robin Robertson, author of Amazon international bestseller "Healthy Knees Cycling."

Level 1 45 minutes (30 min on bike + Core & stretch) \$149

Level 2 60 minutes (45 min on bike + Core & Stretch) \$199

"I think back to the very first class and I could not imagine that I could do what I am doing now. It's amazing!"

~ Nancy W.

(started in Level 1, progressed to Level 2)



FITNESS TRAINING CAMPS

Enrollment with a start & end and guaranteed place in the camp. One FREE Camp with VIP memberships; or individually priced.



CYCLE MOLES SUMMER Level 1

Indoor cycle training at with a progressive training plan to make you fit for spring. Learn the secrets of comfort and cycling technique to enhance your ride indoors or outside. Spinning bike or your bike on our trainer.

Level 1 60 minutes (55 min on bike + 5 min stretch)

June Only: 6/6-6/29 (8 sessions) \$119

July (Ride the Tour! ~ 20 Sessions) \$199

August Only: 8/1-8/31 (10 sessions) \$149

Sign up for ALL 3 Summer Sessions and SAVE \$68! **Only \$399**

Ride the Tour Challenge July 2- 24

(No class July 4 & rest days July 11 & 19)

Don't just watch the tour, ride the tour! We'll ride each day's tour profile on our Keiser spinning bikes or your own bike and a trainer. We'll have fun challenges for King of the Mountain, sprint points, trivia, and even feed zones for 20 stages in all.

You'll watch live coverage of the Tour too! Everyone rides at their own pace as our coach guides you through the course for the day. Experience the Tour a whole new way! Don't wait, this fun challenge usually sells out! Everyone gets an "I rode the Tour" T-shirt.

All this (20 sessions) for only **\$199** (\$360 value!) Drop-ins are welcome if there is space for \$18 per class.

TRX MOBILITY

\$136/month Ongoing

Increase your functional range of motion, improve balance, and release muscle tension with unique stretches that can only be done with the TRX. The exercises are specifically chosen to increase mobility and integrity of the knees, hips and shoulders. 45 min., max 10.



6-WEEK SUMMER CHALLENGE

June 6 - July 15

- or -

July 18 - Aug.26

Train with a small group like you've never trained before.

Shed Fat. Gain Confidence. Get Strong.

Includes:

- 30-minute consultation
- 3X week Private Group Training (M/W/F)
- Choose 10am, 12pm, 4:30pm
- Nutrition Plan & Coaching
- Before and after pics, weigh & measure

We provide nutritional guidance, coaching, and accountability.

You bring the effort and commitment to finally see BIG changes.



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SUMMER FUN! LARGE GROUP TRAINING

- ✓ GET Fit classes are continual and drop-in (white background).
- ✓ FREE with GET Fit and VIP Memberships \$18/class or 10 Class Pass \$150
- ✓ Programs that have enrollment with a start/end date (shaded background)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45 am	Body Con (45 min)	Indoor Cycle (60 min)	Body Con (45 min)	Indoor Cycle (60 min)	Body Con (45 min)	
Morning	Cycle Moles Level 1 6:45-7:45am M/W 4 Weeks (Jun 6-29 or Aug 1-25) \$119	Cardio Tennis 7:00 am (on court 60 min)	Cycle Moles Level 1 6:45-7:45am M/W 4 Weeks (Jun 6-29 or Aug 1-25) \$119		Indoor Cycle (60 min)	
6:45 am July 2-24	RIDE THE TOUR! July 2 - 24 6:45 - 7:45am EVERY DAY (Rest days 7/11 & 7/19) \$199 for 20 Sessions!					
8:30 am	TRX Blast (30 min)	Healthy Knees Cycle L1 8:30-9:15am Tu/Th 5 Week: \$149	TRX Blast (30 min)	Healthy Knees Cycle L1 8:30-9:15am Tu/Th 5 Week: \$149	TRX Blast (30 min)	Indoor Cycle 8:00 am (60 min)
9:00 am	TRX Mobility 9:00-9:45am M/F \$136/mo	Healthy Knees Cycle L2 9:30-10:30am Tu/Th 5 Week: \$199		Healthy Knees Cycle L2 9:30-10:30am Tu/Th 5 Week: \$199	TRX Mobility 9:00-9:45am M/F \$136/mo	
10:00 am	STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199 --- VIP Training M/W/F 10:00-10:30am		STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199 --- VIP Training M/W/F 10:00-10:30am		STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199 --- VIP Training M/W/F 10:00-10:30am	
11:00 am	Body Con (45 min)		Body Con (45 min)		Ball Blast (45 min)	
12 pm	STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199		STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199		Cardio Tennis (on-court 60 min) STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199	
4:30 pm	STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199		STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199		STRONG Challenge Jun 6-Jul 15 or Jul 18-Aug 26 \$199	
Evening	Body Con 5:30 pm (45 min)	TRX Blast 6:00pm (30 min)	Body Con 5:30 pm (45 min)	Indoor Cycle 5:30 pm (60min)	Body Con 5:30 pm (45 min)	

Body Con: Body Con means Total Body Conditioning and is a fast paced workout featuring resistance training intertwined with short bursts of cardio for the biggest metabolic burn. 45 min, max 14.

TRX Blast: A short, intense workout with exercises to increase core stability, strength exercises to enhance performance and the challenge to keep you on your toes. All levels are welcome because you decide how much you want to challenge yourself. 30 min, max 10.

Ball Blast: This strength training workout recruits postural and core muscles while on stability ball incorporating dumbbells for resistance. All levels welcome. 45 min, max 12.

Indoor Cycle: With indoor cycling, you'll always get a big calorie burn and fun-challenging, energizing workout. Plus we will teach you good form and cycling skills that none of the other "spinning" classes provide. Includes personalized bike fit. 60 min, max 12.

Cardio Tennis: Enjoy hitting tennis balls during drills on the court that are sure to get your heart rate up! This tennis + fitness class is a blast. All levels are welcome. We have loaner racquets!

**SIGN UP NOW
ONLINE!**

