

2022-23 BBC Men's Programming Schedule

Programs	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAY Practices and Clinics	8:30-10:00 am Cardio Starts in Dec						
NIGHT Practices and Clinics			7:30-9:00 pm Men's A/B CMITA Team Practice 7:30-9:00 pm Men's C CMITA Team Practice and Men's Night Cardio 7:00-8:30pm Starts in Dec	7-8:30pm Drills and Skills 3.0-3.5 Level	7:30-9:00 pm Men's A&B CMITA Match Play 7:30-9:00 pm 3.5-4.0 USTA Summer - Team Practice	Socials 7:00-9:00 PM	
USTA/DBH Matches		7:00-9:00 pm USTA 4.0 matches	7:00-9:00 pm USTA 3.5 matches			7:30-9:00pm USTA 7.0 Mixed Dbls Match	2:00-5:00 pm CMITA C Division 2:00-5:00 pm CMITA B Division 2:00-5:00 pm CMITA A Division

Drills & Skills/Team Practices Doubles Clinics:

DRILLS & SKILLS is designed to work on specific stroke corrections along with giving you simple effective decision making skills that you will be able to apply IMMEDIATELY into your match-play! Each class will incorporate a combination of situational drills, point-play & match-play skills allowing the coaches to introduce new skills and then give you specific feedback on your game while you are competing. Doubles is a simple game when you understand the specific keys that allow you to play with clarity and confidence. **DRILLS & SKILLS** will introduce these key concepts and show you that anyone can take their doubles game to the next level!

Cardio: Heart Pumping, Group Tennis Workout designed for all ability levels. Less emphasis on technique/stroke production; more focus on keeping players in constant motion and hitting tons of balls.

Program Pricing:

<u>Program</u>	<u>Member</u>	<u>Non-Member</u>
Drills & Skills (1.5hrs) (6:1)	\$35	\$45
Cardio (1.5hr)	\$25	\$35
Match Play (2Hr)	\$25	\$35