

2022-23 BBC Women's Programming Schedule

Programs	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DAY Practices and Clinics	8:30-10:00 <u>Cardio</u> Starts in Dec	9:00-11:00 DBH 3 Team Practice	8:30-10:30am DBH 1A Team Practice 10:30-12:00am DBH 4 Team Practice	9:00-1:30 pm DBH 1A Match	9:00-1:30 pm DBH 3 & 4 Matches 9:00-11:00 Drills & Skills 4.0 Level	Cardio 9:30am—11:00 Starts in Dec	9:00-10:30 Drills & Skills 3.5 Level
NIGHT Practices and Clinics			Cardio 7:00-8:30pm Starts in Dec	7:00 - 8:30 pm Drills and Skills 3.0-3.5 Level	6:30 - 8:00 pm Drills and Skills 2.5 plus Level	Socials 7pm-9pm 3.0//3.5 7:00 - 9 pm 7.0 and 8.0 USTA Mixed Dbls	
USTA Matches		7-9:00pm 3.0 USTA Matches	7-9:00pm 3.5 USTA Matches	7-9:00pm 3.0 USTA Matches 7-9:00pm 4.0 USTA Matches	7-9:00pm 2.5 USTA Matches 7-9:00pm 3.5 USTA Matches		11-2 CMITA B East Matches 11-2 CMITA A1 East Matches

****PLEASE CALL THE CLUB, 508.297.1599, TO SIGN UP FOR ALL PROGRAMMING****

Drills & Skills 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:

Program	Member	Non-Member
Drills & Skills (1.5Hr)	\$38 (\$49 (2hr)	\$48 (\$62 2HR)
Cardio (1.5Hr)	\$25	\$35
Match Play (2HR)	\$25	\$35