

# SUMMER CAMPS



2026

***CPAC***

[WWW.CPACWEB.COM](http://WWW.CPACWEB.COM)

(847) 948-5330

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CPAC REQUIRES EITHER AN ACH OR DEBIT/CREDIT CARD ON FILE TO PARTICIPATE IN CLASSES, PRIVATE LESSONS AND/OR GROUP ACTIVITIES.

A 3% INFRASTRUCTURE FEE HAS BEEN ADDED TO ALL CREDIT CARD TRANSACTIONS AND EFT BI-MONTHLY PAYMENTS. IF YOU WISH TO PAY BY CASH OR CHECK, PLEASE DO SO BEFORE THE EFT PAYMENTS RUN ON EITHER THE 1<sup>ST</sup> OR 15<sup>TH</sup> OF THE MONTH.

# QUICKSTART PROGRAM

## QUICKSTART PROGRAM

QUICKSTART TENNIS IS AN EXCITING PROGRAM DESIGNED TO PROMOTE FUN AND SUCCESS FOR YOUNG PLAYERS BY UTILIZING LOW COMPRESSION BALLS, SMALLER RACQUETS, AND SHORTER COURTS. EMPHASIS IS PLACED ON HAND-EYE COORDINATION, MOTOR SKILL DEVELOPMENT, PROPER STROKE TECHNIQUE AND TENNIS FOOTWORK PATTERNS. WE WILL ALSO DISCUSS TEAMWORK, SPORTSMANSHIP, AND COURT ETIQUETTE.

FOR MORE INFORMATION PLEASE CONTACT:  
RACHAEL WHITE AT [RACHAELW@CPACWEB.COM](mailto:RACHAELW@CPACWEB.COM).

QUICKSTART DRILLS @ CPAC EAST (5 - 9 YEAR OLDS)  
DRILLS WILL BE HELD AT CPAC EAST. THIS PROGRAM IS IDEAL FOR KIDS WHO ATTEND OTHER DAY CAMPS BUT WANT TO KEEP PLAYING TENNIS OVER THE SUMMER.

ONE MAKE UP CLASS IS AVAILABLE PER SESSION AND MUST BE COMPLETED BEFORE THE END OF THE SESSION. PLEASE CONTACT RACHAEL WHITE TO SCHEDULE IN ADVANCE.

(5 - 6 YEAR OLDS)		SESSION 1	SESSION 2
RED 1 & 2:	4:00 - 5:00PM MONDAY AND WEDNESDAY	\$352	\$352
RED 1 & 2:	4:00 - 5:00PM TUESDAY AND THURSDAY	\$352	\$352
(7 - 9 YEAR OLDS)		SESSION 1	SESSION 2
ORANGE 1 & 2:	5:00 - 6:00PM MONDAY AND WEDNESDAY	\$376	\$376
ORANGE 1 & 2:	5:00 - 6:00PM TUESDAY AND THURSDAY	\$376	\$376
ORANGE BALL ACADEMY (6 - 8 YEAR OLDS)		SESSION 1	SESSION 2
4:00 - 6:00PM	MONDAY - THURSDAY	\$80 / DAY	
DEADLINE FOR ORANGE BALL ACADEMY IS FRIDAY OF PREVIOUS WEEK			

DATES:                      SESSION 1 : JUNE 8 - JULY 3  
                                    SESSION 2 : JULY 6 - JULY 31

# JUNIOR DEVELOPMENT PROGRAM

## JUNIOR DEVELOPMENT PROGRAM (AGES 8-14)

THE JUNIOR DEVELOPMENT PROGRAM IS DESIGNED FOR THE BEGINNER TO INTERMEDIATE PLAYER, WITH EMPHASIS ON STROKE DEVELOPMENT. JDP CLASSES WILL BE TAUGHT AT CPAC EAST.

FOR REGISTRATION INFORMATION PLEASE CONTACT:  
DONNA MARKS AT [DONNAM@CPACWEB.COM](mailto:DONNAM@CPACWEB.COM).

ALL DAY CAMP: SEE FUTURE STARS PROGRAM ON PAGE 3

JDP DRILLS @ CPAC EAST:

		SESSION 1	SESSION 2
4:00 - 5:00PM (9-11 YR OLDS)	MONDAY AND WEDNESDAY	\$392	\$392
5:00 - 6:00PM (12 AND OLDER)	MONDAY AND WEDNESDAY	\$392	\$392

		SESSION 1	SESSION 2
4:00 - 5:00PM (9-11 YR OLDS)	TUESDAY AND THURSDAY	\$392	\$392
5:00 - 6:00PM (12 AND OLDER)	TUESDAY AND THURSDAY	\$392	\$392

GREEN BALL ACADEMY (6-9 YR OLDS)		SESSION 1	SESSION 2
4:00 - 6:00PM	MONDAY - THURSDAY	\$80 / DAY	

DEADLINE FOR GREEN BALL ACADEMY IS FRIDAY OF PREVIOUS WEEK

DATES:           SESSION 1: JUNE 8 - JULY 3  
                    SESSION 2: JULY 6 - JULY 31

# FUTURE STARS PROGRAM

CPAC FUTURE STARS DAY CAMP (JDP AND TOURNAMENT TRAINING)  
THIS ALL-DAY CAMP INCLUDES LEVEL-SPECIFIC DRILLS, MATCH PLAY, FITNESS, AND GAMES. OUR GOAL FOR ALL PLAYERS IN THIS CAMP IS TO BUILD THE RIGHT FOUNDATION TO BECOME FUTURE USTA AND HIGH SCHOOL COMPETITORS. THE AFTERNOON SESSION WILL INCLUDE MATCH PLAY AND A SERIES OF FUN GAMES TO TEACH ATHLETICISM AND FUNDAMENTALS. STUDENTS SHOULD BRING THEIR WATER JUG, SNACK, AND LUNCH.

FOR MORE INFORMATION PLEASE CONTACT:  
JEAN ERASMUS AT [JEANE@CPACWEB.COM](mailto:JEANE@CPACWEB.COM)

LOCATION:           CPAC EAST  
DAYS:              MONDAY - FRIDAY  
TIME:               9:30 - 3:30PM

SCHEDULE:	9:30 - 12:00PM	TENNIS DRILLS
	12:00 - 12:45PM	LUNCH
	12:45 - 1:30PM	AGILITY TRAINING
	1:30 - 2:15PM	TENNIS GAMES
	2:15 - 3:30PM	MATCHPLAY

DATES:           SESSION 1: JUNE 8 - JULY 3  
                    DEADLINE FOR EARLY REGISTRATION IS MAY 15

                    SESSION 2: JULY 6 - JULY 31  
                    DEADLINE FOR EARLY REGISTRATION IS JUNE 12

COST:             \$120/DAY (EARLY REGISTRATION)  
                    \$130/DAY (REGULAR REGISTRATION)

MAKE UPS ARE AVAILABLE. MUST BE COMPLETED DURING THE SAME WEEK OF MISSED CLASS.

# ELITE CAMP

## ELITE CAMP

OFFERED FOR PLAYERS CURRENTLY ENROLLED IN PERFORMANCE AND HIGH PERFORMANCE. EACH DAY PLAYERS WILL BE SEPARATED DAILY BY LEVEL. CAMP WILL INCLUDE INSTRUCTIONAL DRILLS WITH OUR PROS, POINT PLAY, AND MATCH PLAY. THESE WILL BE INTENSE SESSIONS WHERE WE ARE GETTING THE MOST OUT OF EACH PLAYER. WE PLAY A LOT OF POINTS EACH DAY WHERE PLAYERS WILL HAVE THE OPPORTUNITY TO PLAY WITH MANY DIFFERENT PLAYERS.

FOR MORE INFORMATION PLEASE CONTACT:  
CHRIS THOMAS AT [CHRIST@CPACWEB.COM](mailto:CHRIST@CPACWEB.COM).

LOCATION: VERNON HILLS ATHLETIC COMPLEX (VHAC)

DAYS: MONDAY - FRIDAY

TIME: 8:30 - 11:30AM

RAIN DAY INFORMATION: CPAC WEST 11:30 - 2:00PM

DATES: SESSION 1: JUNE 8 - JULY 3  
DEADLINE FOR EARLY REGISTRATION IS MAY 15

SESSION 2: JULY 6 - JULY 31  
DEADLINE FOR EARLY REGISTRATION IS JUNE 12

COST: \$102/DAY (EARLY REGISTRATION)  
\$112/DAY (REGULAR REGISTRATION)

MAKE UPS ARE AVAILABLE. MUST BE COMPLETED DURING THE SAME WEEK OF MISSED CLASS.

# VARSITY TRAINING

## VARSITY TRAINING

THIS GROUP EMPHASIZES SKILL DEVELOPMENT TO PREPARE PLAYERS LOOKING TO TAKE THEIR TENNIS TO THE NEXT LEVEL IN BOTH SINGLES AND DOUBLES. DURING THE CAMP, WE WILL ENHANCE STROKE PRODUCTION, ASSIST ON SHOT SELECTION, DECISION MAKING, AND TO BE PROACTIVE WITH CORRECT POSITIONING. STRATEGY AND POSITIONING IS ESSENTIAL TO BEING A SUCCESSFUL DOUBLES AND SINGLES PLAYER. THIS CAMP WILL GIVE EVERYONE THE TOOLS NECESSARY TO GET READY FOR THEIR HIGH SCHOOL SEASON AND PREPARE FOR USTA TOURNAMENTS.

FOR MORE INFORMATION PLEASE CONTACT:  
KEVIN LAI AT [KEVINL@CPACWEB.COM](mailto:KEVINL@CPACWEB.COM).

LOCATION: LAKE FOREST HIGH SCHOOL (WEST CAMPUS)

DAYS: MONDAY - FRIDAY

TIME: 9:00 - 11:30AM

RAIN DAY INFORMATION: CPAC WEST 9:00 - 11:30AM

DATES: SESSION 1: JUNE 8 - JULY 3  
DEADLINE FOR EARLY REGISTRATION IS MAY 15

SESSION 2: JULY 6 - JULY 31  
DEADLINE FOR EARLY REGISTRATION IS JUNE 12

COST: \$93/DAY (EARLY REGISTRATION)  
\$103/DAY (REGULAR REGISTRATION)

MAKE UPS ARE AVAILABLE. MUST BE COMPLETED DURING THE SAME WEEK OF MISSED CLASS.

# HIGH SCHOOL CAMPS

## CPAC HIGH SCHOOL TENNIS CAMP

THIS CAMP IS GEARED TOWARD BOYS AND GIRLS WHO ARE PREPARING TO PLAY HIGH SCHOOL TENNIS. THESE SESSIONS WILL NOT ONLY FOCUS ON SINGLES AND DOUBLES STRATEGY BUT WILL ALSO INCORPORATE STRENGTH & CONDITIONING TRAINING TO IMPROVE STAMINA AND PREVENT INJURY.

FOR MORE INFORMATION PLEASE CONTACT:  
CHRIS NOWAK AT [CHRISN@CPACWEB.COM](mailto:CHRISN@CPACWEB.COM).

LOCATION: LAKE FOREST HIGH SCHOOL (WEST CAMPUS)  
DAYS/TIME: MONDAY - FRIDAY 9:00 - 11:30AM  
RAIN DAY INFORMATION: CPAC WEST 9:00 - 11:30AM  
DATES: SESSION 1: JUNE 8 - JULY 3  
DEADLINE FOR EARLY REGISTRATION IS MAY 15  
SESSION 2: JULY 6 - JULY 31  
DEADLINE FOR EARLY REGISTRATION IS JUNE 12  
COST: \$93/DAY (EARLY REGISTRATION)  
\$103/DAY (REGULAR REGISTRATION)

## HIGH SCHOOL DOUBLES

THIS CLASS IS DESIGNED FOR HIGH SCHOOL PLAYERS WHO PLAYED ON THEIR HIGH SCHOOL TENNIS TEAM IN THE FALL OF 2025 (SOPHOMORES THROUGH SENIORS). THE MATCH-PLAY ONLY SESSIONS WILL FOCUS ON DOUBLES SKILLS AND STRATEGIES.

FOR MORE INFORMATION PLEASE CONTACT:  
GARY THOMAS AT [GARYT@CPACWEB.COM](mailto:GARYT@CPACWEB.COM) (GIRLS)  
CHRIS NOWAK AT [CHRISN@CPACWEB.COM](mailto:CHRISN@CPACWEB.COM) (BOYS)

	BOYS	GIRLS
LOCATION:	LFHS WEST CAMPUS	LFHS WEST CAMPUS
TIME:	6:00 - 7:30 PM	6:00 - 7:30 PM
DAYS:	TUESDAY/THURSDAY	MONDAY/WEDNESDAY
DATES:	JUNE 8 - JULY 31	JUNE 8 - JULY 31
COST:	\$72 PER EVENING	\$72 PER EVENING
RAIN DAY INFORMATION:	CPAC EAST 6:00 - 7:30PM	

PLAYERS MAY SIGN UP PER EVENING AND MUST BE 48-HOURS BEFORE THE CLASS. PLAYERS ARE CHARGED AT THE TIME OF SIGN-UP.

# HIGH SCHOOL CAMPS

## HIGH SCHOOL GIRLS MOCK TRYOUTS

THIS END-OF-THE-SUMMER CLASS IS DESIGNED FOR HIGH SCHOOL GIRLS WHO WANT TO MAKE SURE THEY ARE READY FOR THEIR HIGH SCHOOL TRYOUTS. IT IS OPEN TO ALL HIGH SCHOOL PLAYERS (INCOMING FRESHMEN THROUGH SENIORS). PREPARE FOR TRYOUTS WITH CPAC'S EXCLUSIVE "MOCK TRYOUTS" WITH OUR FORMAT THAT MIRRORS THE HIGH SCHOOL COACHES' TRYOUT SESSIONS, ENSURING YOU'RE FULLY PREPARED TO SHINE. LIMITED SPACES ARE AVAILABLE, SO DON'T MISS OUT!

FOR MORE INFORMATION PLEASE CONTACT:  
GARY THOMAS AT [GARYT@CPACWEB.COM](mailto:GARYT@CPACWEB.COM).

## MATCH PLAY

### CPAC SUMMER MATCH PLAY (AGES 7+)

WE WILL BE RUNNING OUR VERY OWN WTN TOURNAMENT SCHEDULE ON WEEKENDS FOR ALL PLAYERS LOOKING FOR SOME MATCH PLAY OPPORTUNITIES. THESE ARE OFFERED AS A STEPPING STONE TO USTA SANCTIONED TOURNAMENTS.

THE ITF WORLD TENNIS NUMBER (WTN) WAS DEVELOPED BY THE INTERNATIONAL TENNIS FEDERATION. THE WTN IS A GLOBAL RATING SYSTEM FOR ALL PLAYERS REGARDLESS OF GENDER, AGE OR LEVEL OF PLAY.

WTN IS BASED ON A 1-40 SCALE, WITH 40 BEING A BEGINNER PLAYER AND 1 BEING PROFESSIONAL. THE WTN WILL BE USED IN SELECTION CRITERIA FOR FURTHER USTA TOURNAMENTS. CPAC HOSTS A VARIETY OF DIFFERENT USTA TOURNAMENTS.

LOCATION: TBD  
DATES: JUNE 8 - AUGUST 2  
COST: \$56 PER HOUR AND A HALF SESSION. BILLED THROUGH CPAC

REGISTER: EMAIL JEAN ERASMUS AT [JEANE@CPACWEB.COM](mailto:JEANE@CPACWEB.COM).  
THERE WILL BE A WEEKLY EMAIL SENT WITH A LINK TO THE USTA WEBSITE TO REGISTER.

## PRIVATE LESSONS

### PRIVATE LESSONS

AT CPAC, WE BELIEVE THAT HAVING A STRONG FOUNDATION OF THE PROPER TECHNIQUES AND MECHANICS ARE THE KEY TO REACH YOUR FULL POTENTIAL IN TENNIS. ONE OF THE BEST WAYS TO BUILD THAT FOUNDATION IS BY TAKING PRIVATE LESSONS. A PRIVATE COACH IS NOT ONLY A GOOD SPARRING PARTNER, BUT ALSO A TEACHER AND MENTOR ON YOUR JOURNEY TO ACHIEVING YOUR TENNIS GOALS.

\*JUNIOR PLAYERS MUST BE ENROLLED IN CPAC CAMPS IN ORDER TO TAKE PRIVATE LESSONS.

CONTACT: JEAN ERASMUS AT [JEANE@CPACWEB.COM](mailto:JEANE@CPACWEB.COM)  
DAYS/TIMES: SCHEDULE WILL VARY BASED ON INSTRUCTOR AVAILABILITY  
COST: VARIES BASED ON INSTRUCTOR SENIORITY BUT GENERALLY RANGES BETWEEN \$100/HR AND \$140/HR

# ADULT TENNIS

## ADULT SUMMER TENNIS PROGRAM

THE OUTDOOR SEASON RUNS FROM MAY 11 - AUGUST 9.

### CPAC WOMEN'S DRILLS

DRILLS WILL BE ORGANIZED BASED ON LEVEL. AN EXTRA \$10.00 FEE WILL BE CHARGED FOR ALL NON-MEMBERS.

FOR MORE INFORMATION PLEASE CONTACT:  
MARK ROBERTS AT [MARKR@CPACWEB.COM](mailto:MARKR@CPACWEB.COM).

OPEN LEVEL:	TUESDAY	FRIDAY
TIME:	9:30 - 11:00AM	9:30 - 11:00AM
LOCATION:	CPAC EAST	CPAC EAST
COST:	\$57.00	\$57.00
4.5 LEVEL:	MONDAY	FRIDAY
TIME:	9:30 - 11:00AM	9:30 - 11:00AM
LOCATION:	CPAC EAST	CPAC EAST
COST:	\$57.00	\$57.00
4.0 LEVEL:	MONDAY	THURSDAY
TIME:	11:00 - 12:30PM	9:30 - 11:00AM
LOCATION:	CPAC EAST	CPAC EAST
COST:	\$57.00	\$57.00
3.5 LEVEL:	WEDNESDAY	
TIME:	11:00 - 12:30PM	
LOCATION:	CPAC EAST	
COST:	\$57.00	
2.5-3.0 LEVEL:	WEDNESDAY	
TIME:	9:30 - 11:00AM	
LOCATION:	CPAC EAST	
COST:	\$57.00	
MIXED DRILL (3.5 AND UP):	SATURDAY	SUNDAY (4.5 AND UP)
TIME:	7:30 - 9:00AM	7:30 - 9:00AM
LOCATION:	CPAC EAST	CPAC EAST
COST:	\$57.00	\$57.00

# ADULT TENNIS

## CPAC MEN'S DRILLS:

DRILLS WILL BE ORGANIZED BASED ON LEVEL. AN EXTRA \$10.00 FEE WILL BE CHARGED FOR ALL NON-MEMBERS.

FOR MORE INFORMATION PLEASE CONTACT:  
MARK ROBERTS AT [MARKR@CPACWEB.COM](mailto:MARKR@CPACWEB.COM).

## LUNCH TIME DRILL

	4.0	4.0	4.0+
DAYS:	TUESDAY	THURSDAY	FRIDAY
TIME:	1:00 - 2:30PM	12:00 - 1:30PM	1:00 - 2:30PM
LOCATION:	CPAC EAST	CPAC EAST	CPAC EAST
COST:	\$57.00	\$57.00	\$57.00

## MEN'S DRILL AND PLAY:

ONE HOUR OF HIGH ENERGY DRILLS FOLLOWED BY EITHER SINGLES OR DOUBLES MATCHES. PLAYERS WILL BE SEPARATED BY LEVEL. AN EXTRA \$10.00 FEE WILL BE CHARGED FOR ALL NON-MEMBERS.

## MEN'S 3.5 - 4.0 DRILLS

DAYS:	MONDAY	SATURDAY	SUNDAY
TIME:	6:00 - 7:30PM	7:30 - 9:00AM	7:30 - 9:00AM
LOCATION:	CPAC EAST	CPAC EAST	CPAC EAST
COST:	\$57.00	\$57.00	\$57.00

## MEN'S 4.0

DAYS:	TUESDAY	FRIDAY
TIME:	7:00 - 8:30PM	1:00 - 2:30PM
LOCATION:	CPAC EAST	CPAC EAST
COST:	\$57.00	\$57.00

## MEN'S 4.5

DAYS:	WEDNESDAY	FRIDAY	SATURDAY
TIME:	7:00 - 8:30PM	1:00 - 2:30PM	2:00 - 4:00PM
LOCATION:	CPAC EAST	CPAC EAST	CPAC EAST
COST:	\$57.00	\$57.00	\$73.00

# CPAC TRAINING CENTER

## SEASON PREPARATION

CHAMPIONS ARE MADE IN THE OFF SEASON. OUR OFF SEASON TRAINING WILL GIVE YOUR ATHLETES THE POWER (HARDER HIT TENNIS BALLS AND BETTER COURT SPEED), COORDINATION (BETTER ADAPTATION TO THE DEMANDS OF TECHNIQUE), AND RESILIENCE (GREATER RESISTANCE TO INJURY) THAT WILL BRING THEM TO THE NEXT LEVEL.

## PRIVATE AND SEMI-PRIVATE TRAINING

TRAINING IN A PRIVATE (1-ON-1) OR SEMI-PRIVATE (1-ON-4) SETTING WITH OUR COACHES WILL GIVE YOUR ATHLETE A TAILORED PROGRAM THAT FITS THEIR SPECIFIC NEEDS IN DEVELOPMENT WHILE AFFORDING THEM THE OPPORTUNITY TO LEARN AND PERFORM MORE ADVANCED TRAINING TECHNIQUES.

PLEASE CONTACT CORBIN GAINES AT [CORBING@CPACWEB.COM](mailto:CORBING@CPACWEB.COM) FOR MORE INFORMATION OR TO GET YOUR ATHLETE STARTED.

## MUSCLE ACTIVATION TECHNIQUE® (MAT)

THIS NON-INVASIVE TREATMENT IDENTIFIES AND CORRECTS MUSCULAR IMBALANCES THAT CAN CAUSE CHRONIC PAIN AND INJURY. ATHLETES AND EXERCISE ENTHUSIASTS OF ALL LEVELS CAN BENEFIT GREATLY FROM MAT. IT CAN HELP IMPROVE STRENGTH AND PERFORMANCE BY OPTIMIZING THE MUSCLES ABILITY TO CONTRACT AND INCREASE FORCE PRODUCTION. WHILE HIGH INTENSITY TRAINING PLACES A LOT OF DEMAND ON THE BODY, MAT CAN HELP DECREASE THE DAMAGE DONE TO JOINTS AND REDUCE RECOVERY TIME. NO MATTER WHAT THE AGE, ACTIVITY LEVEL, OR ISSUE, MUSCLE ACTIVATION TECHNIQUES® CAN HELP YOU ACHIEVE A HIGHER QUALITY OF LIFE AND KEEP YOU DOING WHAT YOU LOVE!

FOR MORE INFORMATION CONTACT LAURA LOHRMANN AT [LAURAL@CPACWEB.COM](mailto:LAURAL@CPACWEB.COM).

## MEMBERSHIP

### ADULT ATHLETE

THE ADULT ATHLETE MEMBERSHIP ONLY INCLUDES THE STANDARD ADULT ATHLETE CLASSES. (SPECIALTY CLASSES ARE STILL AVAILABLE FOR DROP INS.)

### ADULT ATHLETE PREMIUM

THE ADULT ATHLETE PREMIUM MEMBERSHIP INCLUDES THE STANDARD ADULT ATHLETE CLASSES, AS WELL AS, THE SPECIALTY CLASSES. THIS PROVIDES THE COMPLETE EXPERIENCE FOR MEMBERS TO ACCOMPLISH THEIR FITNESS GOALS.

CPAC MEMBERS	\$200.00/MONTH	\$250.00/MONTH FOR AA PREMIUM
NON CPAC MEMBERS	\$250.00/MONTH	\$300.00/MONTH FOR AA PREMIUM

# CPAC TRAINING CENTER

## YOUTH TRAINING

WE OFFER BOTH PRIVATE (1 ON 1) AND SEMI-PRIVATE (UP TO 4) TRAINING OPTIONS FOR OUR ADULT POPULATION. THESE OPTIONS ARE BEST SUITED FOR THOSE WITH SPECIFIC GOALS OR LIMITATIONS THAT NEED TO BE ADDRESSED IN PROGRAMMING.

## ADULT ATHLETE:

MON-FRI 7:00-8AM, 8 - 9AM, TH/F 9 - 10AM, SAT/SUN 8 - 9AM, 9 - 10AM

ADULT ATHLETE IS CPAC'S GENERAL FITNESS PROGRAM SUITED FOR ALL LEVELS. THIS IS OUR STANDARD GROUP CLASS. MEMBERS THAT JOIN ATHLETES WILL GO THROUGH A PERIODIZED EXERCISE PROGRAM THAT WILL HELP THEM REACH THEIR FITNESS GOALS. THE PURPOSE OF THE PROGRAM IS TO CREATE A BASIS FOR GENERAL STRENGTH, INCREASE SPEED AND AGILITY, AND IMPROVE MOBILITY.

## ABS, BUNS, CARDIO (ABC):

SUN 9 - 10AM AND TUE 9 - 10AM

ABC IS CATERED SPECIFICALLY TO THOSE WHO WANT TO FOCUS ON IMPROVING THEIR BODY COMPOSITION AND GET READY FOR SUMMER. THIS CLASS IS PACED TO ELEVATE THE HEART RATE THROUGH INTERVALS OF CARDIO FOLLOWED BY AB CIRCUIT WORKOUTS AND HIP ACTIVATION EXERCISES. INCREASING CARDIOVASCULAR PERFORMANCE WILL HELP THROUGH DAILY ACTIVITIES AS WELL AS SPORTS PERFORMANCE, WITH AN ADDITIONAL EMPHASIS ON DEVELOPING THE ABS AND HIPS TO PREVENT BACK PAIN.

## STRETCH AND RECOVERY (S&R):

WED 9 - 10AM AND SAT 8 - 9AM

S&R CLASSES ARE A GREAT CHANGE OF PACE RELATIVE TO THE HARD WORK PUT IN FROM THE GENERAL ADULT ATHLETE AND ABC CLASSES. S&R FOCUSES ON IMPROVING OVERALL MOBILITY TO MAKE SURE THE BODY IS FUNCTIONING PROPERLY. THE CLASS IS A GREAT WAY TO COMBAT THE STIFFNESS THAT PEOPLE FACE FROM THEIR SEDENTARY LIFESTYLES. ADDING THIS CLASS DURING THE WEEK WILL HELP THE BODY MOVE WELL AND PREVENT FURTHER ACHES AND PAINS. THE ADDITIONAL MOBILITY WORK IS A GREAT TIME TO IMPLEMENT EITHER BEFORE OR AFTER TENNIS.

## STRENGTH AND MUSCLE TONING (S&T):

WED AND SAT 9 - 10AM

S&T CLASSES ARE DESIGNED TO FURTHER DEVELOP YOUR DREAM PHYSIQUE. THE PURPOSE IS TO IMPROVE YOUR MUSCULAR BASE TO GIVE YOU THE AESTHETIC LOOK THAT YOU STRIVE FOR, AS WELL AS, TO STRENGTHEN THE TENDONS AND LIGAMENTS OF YOUR JOINTS TO FEEL AND MOVE BETTER.

## PRIVATE AND SEMI-PRIVATE TRAINING

STRENGTH, SPEED, AND RESILIENCE IS BUILT DURING OFF-COURT TRAINING. OUR COACHES WORK WITH A WIDE ARRAY OF ATHLETES FROM A MULTITUDE OF SPORTS TO KEEP THEM HEALTHY AND READY TO COMPETE.

FOR MORE INFORMATION AND PRICING, PLEASE CONTACT:  
CORBIN GAINES - [CORBING@CPACWEB.COM](mailto:CORBING@CPACWEB.COM).

# PICKLEBALL

PICKLEBALL IS THE FASTEST GROWING SPORT IN THE US! IT IS A FUN AND SOCIALLY FRIENDLY GAME THAT IS EASY FOR BEGINNERS TO LEARN AND IT CAN BE PLAYED AT ANY AGE AND SKILL LEVEL.

## MONDAY

6:30 - 8:30PM

LEVEL: 4.5+ COMPETITIVE PLAY  
(MUST HAVE 4.5+ DUPR OR INVITED BY COACH)  
PRICE: \$20 OR 10-PACK FOR \$180

## TUESDAY

9:30 - 11AM

LEVEL: 3.0-3.5 LEAGUE FOR SUMMER  
DATES: JUNE 9 - AUGUST 18  
PRICE: \$250 FOR 10 WEEKS

11:00 - 12:30PM

LEVEL: 3.0-3.5 DRILL AND PLAY  
PRICE: \$30

## WEDNESDAY

6:30 - 8:30PM

LEVEL: 3.5-4.0 COMPETITIVE PLAY  
PRICE: \$20 OR 10-PACK FOR \$180

## THURSDAY

9:00 - 10:30AM

LEVEL: 3.0-3.5 SKILL DRILL  
PRICE: \$30

10:30 - 12:00PM

LEVEL: 3.0-3.5 COMPETITIVE PLAY  
PRICE: \$20 OR 10-PACK FOR \$180

### SUMMER COURT RESERVATION FEES:

CPAC WEST - \$20 HOUR  
CPAC EAST - \$20 HOUR

**\*ALL PICKLEBALL PROGRAMMING IS WEATHER-CONTINGENT; IF IT RAINS,  
THE INDOOR COURTS WILL NEED TO BE USED FOR TENNIS.\***

IF YOU ARE LOOKING FOR PRIVATE LESSONS, PLEASE CONTACT LAWSON BARTER AT [LAWSONB@CPACWEB.COM](mailto:LAWSONB@CPACWEB.COM) OR 847-863-3120 AND WE WILL SET YOU UP WITH ONE OF OUR PICKLEBALL PROFESSIONALS.

# TAEKWONDO CLASSES

## TAEKWONDO CAMP (AGES 4 +)

WE WILL CONTINUE WITH REGULARLY SCHEDULED CLASSES. STUDENTS CAN ATTEND UP TO 2 CLASSES/WEEK BASED ON BELT LEVEL. ALL MAKE-UPS/CHANGES MUST BE APPROVED BY MASTER MARY. PLEASE COME TO CLASS ON TIME AND IN FULL UNIFORM. CPAC TKD RESERVES THE RIGHT TO CHANGE OR CANCEL CLASS(ES).

LOCATION: CPAC EAST TKD STUDIO

DATES: JUNE 8 - JULY 31

WEEKDAY	TIME	AGE	LEVEL
MONDAYS/WEDNESDAYS	3:30-4:00PM	4-5YRS	WHITE-ORANGE
MONDAYS/WEDNESDAYS	4:00-4:45PM	6-10YRS	WHITE-YELLOW
MONDAYS/WEDNESDAYS	4:45-5:30PM	7-10YRS	ORANGE-GREEN
MONDAYS/WEDNESDAYS	5:30-6:15PM	8-12YRS	PURPLE-BLUE
MONDAYS/WEDNESDAYS	6:15-7:00PM	TEENS	
TUESDAYS/THURSDAYS	4:00-4:45PM	8-12YRS	BLUE-BROWN
TUESDAYS/THURSDAYS	4:45-5:30PM	10-12YRS	RED-DEPUTY
TUESDAYS/THURSDAYS	5:30-6:15PM	12-17YRS	DEPUTY-BLACK
SATURDAYS	8:30-9:00AM	4-5YRS	WHITE-ORANGE
SATURDAYS	9:00-9:40AM	6-10YRS	WHITE-YELLOW
SATURDAYS	9:40-10:20AM	7-10YRS	ORANGE-GREEN
SATURDAYS	10:20-11:10AM	8-12YRS	PURPLE-BROWN

## LOCATIONS

COLLEGE PARK ATHLETIC CLUB EAST  
2223 HALF DAY ROAD  
BANNOCKBURN, ILLINOIS 60015

COLLEGE PARK ATHLETIC CLUB WEST  
10 MARRIOTT DRIVE  
LINCOLNSHIRE, ILLINOIS 60069

DEERFIELD HIGH SCHOOL  
1959 WAUKEGAN ROAD  
DEERFIELD, ILLINOIS 60015

EVERETT PARK  
850 WEST SUMMIT AVENUE  
LAKE FOREST, ILLINOIS 60045

LAKE FOREST WEST CAMPUS  
300 S. WAUKEGAN ROAD  
LAKE FOREST, ILLINOIS 60045

VERNON HILLS ATHLETIC COMPLEX (VHAC)  
308 PATRIOT WAY  
VERNON HILLS, ILLINOIS 60061

## SUMMER HOURS AND COURT FEES

(SUMMER HOURS ARE SUBJECT TO CHANGE)

### CPAC EAST

MONDAY/WEDNESDAY: 7:00 - 8:00PM  
TUESDAY/THURSDAY: 6:30 - 8:00PM  
FRIDAY: 7:00 - 4:00PM  
SATURDAY AND SUNDAY: 7:00 - 4:00PM

### CPAC WEST

MONDAY/WEDNESDAY/FRIDAY: 4:00 - 10:00PM  
(RAIN LOCATION DURING THE DAY)  
TUESDAY/THURSDAY: 9:00 - 12:00PM  
4:00 - 10:00PM  
SATURDAY AND SUNDAY: CLOSED

TENNIS COURT FEES: \$35/HOUR  
PICKELBALL COURT FEES: \$20/HOUR

# ***CPAC***

2223 HALF DAY ROAD, BANNOCKBURN, ILLINOIS 60015  
(P) 847-948-5330 (F) 847-948-0162  
[WWW.CPACWEB.COM](http://WWW.CPACWEB.COM)