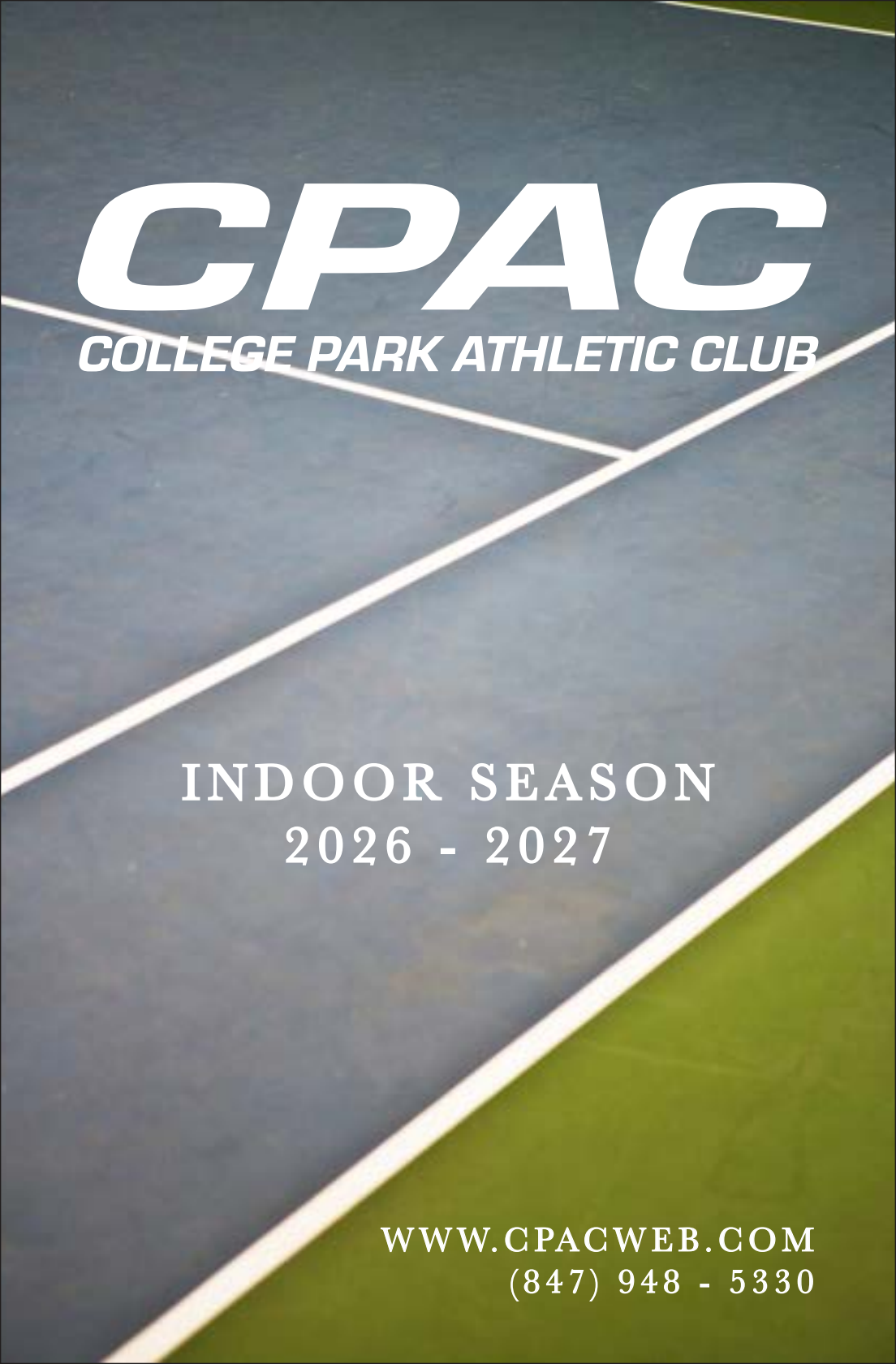


CPAC

COLLEGE PARK ATHLETIC CLUB

INDOOR SEASON
2026 - 2027

WWW.CPACWEB.COM
(847) 948 - 5330









CPAC
COLLEGE PARK ATHLETIC CLUB



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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 1st or 15th of the month.

BE SURE TO FOLLOW US ON SOCIAL MEDIA

Instagram - ***collegeparkathleticclub***

facebook - ***College Park Athletic Club***

JUNIOR PROGRAMS

College Park has been in the business of developing junior tennis players for over 40 years. Today, we have over 1,000 registered players in our programs with goals of succeeding at the high school level and beyond.

Our strong commitment to the development of junior players starts with our beginners and continues with more competitive levels of play. The foundation of strong tennis players is built on athleticism and stroke production; these are the twin focal points of player development. As athletes advance and master these foundations, strength work and competitive strategy are emphasized. We accomplish this development through a mix of both group and private training with an interdisciplinary team of experts. This involves tennis coaching with differing expertise, strength coaching, personal training, tournament consultation, and mental coaching. At CPAC you won't have just one coach, you'll have a team of experts dedicated to your success.

We offer our indoor tennis programs at two locations, College Park Athletic Club East (10 courts, including a 60 ft. court) and College Park Athletic Club West (6 courts).

How Do I Get Started?

STEP 1: CALL FOR AN EVALUATION

Evaluations are required for all players. Please plan on 30 minutes for your skills and fitness evaluation. Call 847-948-5330 to schedule an evaluation.

STEP 2: REGISTER FOR THE APPROPRIATE CLASS

Registration for all classes can be done online or using a CPAC Registration Form at CPAC East or West. All students are required to have a Credit Card, Debit Card, or ACH on file.

STEP 3: SIGN UP AS A CPAC JUNIOR MEMBER

Each session a $45 Junior Membership is required for all players enrolled in our programs that are 90 minutes or longer. This membership allows you to register for our group classes, take private lessons, and book court time. All active Junior Members can book court time at a 50% discount up to 72 hrs. in advance. Canceled courts within 24 hrs of the reservation will result in a $20 fee. Non-members playing with a Jr. Member will be assessed a fee in addition to their share of the court time. Junior Membership will be added upon registration for each successive session and will remain active throughout each session of active enrollment.

JUNIOR PROGRAMS

Junior Court Time

Junior members currently enrolled in the CPAC program will receive half-off junior court time privileges (limit one hour booking per reservation). Bookings must be made within 72 hours of the time of play. Junior players not enrolled in a class (and all adult non members) must pay the full court rate. Cancellation fees for junior court time will apply. During the summer, students must be enrolled in CPAC Camps to receive junior court time privileges.

Auto-Reregistration

Once you are registered in a class, you will automatically be given a spot in future sessions. For your convenience, the charge for the next session will post to your account on the registration deadline, at which point you will be able to pay online, pay at CPAC East or West, or pay with your Credit or Debit Card on file. You will receive advanced notification and have ample time to withdraw from the next session prior to the registration deadline. (For example: If you are registered for Session 1, you will automatically be registered for Session 2 three weeks prior to the Session 2 start date unless you choose to withdraw). Withdrawal requests must be submitted directly to the program director prior to the auto-registration deadline. If you choose to withdraw, your spot will be given to players on our wait lists.

Make-Up Classes

One make-up per session is available for students who give instructors advanced notice of missed classes, and must be completed prior to the end of each session. Please contact Rachael White for QuickStart, Donna Marks for JDP, Maor Zirkin for Tournament Training, Frank Chen for TAP, Chris Nowak for Super Excellence and Chris Thomas for High Performance.

All class times, locations, and prices are subject to change. For the most up to date information please contact Jean Erasmus - *JeanE@cpacweb.com* - or your program director.

QUICKSTART TENNIS

QuickStart Tennis (Ages 3-9*)

QS tennis is an exciting program designed to promote fun and success for young players by utilizing lower bounce compression balls, smaller racquets, and shorter courts (36', 42' and 60' courts). Emphasis is placed on hand-eye coordination, motor skill development, proper stroke technique, tennis footwork patterns and fitness as well as teamwork, sportsmanship and court etiquette. *QuickStart may require an evaluation. Age and level are both considered for class/program placement. Non-marking tennis shoes and a racquet are required (first-time QuickStart participants will receive 10% off these items).

For more information contact Rachael White - *RachaelW@cpacweb.com.*
Rachael is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact her directly at any time.

Weekday	*Time*	*Location*
RED 1		
Mondays	3:15-4:00pm	CPAC East
Tuesdays	3:15-4:00pm	CPAC East
Thursdays	3:15-4:00pm	CPAC East
RED 2		
Mondays	4:00-5:00pm	CPAC East
Tuesdays	4:00-5:00pm	CPAC East
Wednesdays	4:00-5:00pm	CPAC East
Thursdays	4:00-5:00pm	CPAC East
Saturdays	9:00-10:00am	CPAC East
Saturdays	11:00-12:00pm	CPAC East
Sundays	2:30-3:30pm	CPAC East
ORANGE 1 & ORANGE 2		
Mondays	5:00-6:00pm	CPAC East
Tuesdays	5:00-6:00pm	CPAC East
Wednesdays	5:00-6:00pm	CPAC East
Wednesdays	6:00-7:00pm	CPAC East
Thursdays	5:00-6:00pm	CPAC East
Fridays	4:00-5:00pm	CPAC East
Saturdays	10:00-11:00am	CPAC East
Saturdays	12:00-1:00pm	CPAC East
Sundays	12:30-1:30pm	CPAC East
Sundays	1:30-2:30pm	CPAC East
Sundays	3:30-4:30pm	CPAC East
Sundays	4:30-5:30pm	CPAC East

For 90-minute Orange Ball Academy classes, see page 9

Session Details for QuickStart

Session 1: August 10, 2026 - October 18, 2026

Red 1	(10 weeks)	$370.00
Red 1 (Mon.)	(9 weeks)	$333.00*
Red 2	(10 weeks)	$440.00
Red 2 (Mon.)	(9 weeks)	$396.00*
Orange 1 & 2	(10 weeks)	$470.00
Orange 1 & 2 (Mon.)	(9 weeks)	$423.00*

*No class on Labor Day, September 7, 2026.

Session 2: October 19, 2026 - January 10, 2027

Red 1	(10 weeks)	$370.00
Red 1 (Thu.)	(9 weeks)	$333.00*
Red 2	(10 weeks)	$440.00
Red 2 (Thu.)	(9 weeks)	$396.00*
Orange 1 & 2	(10 weeks)	$470.00
Orange 1 & 2 (Thu.)	(9 weeks)	$423.00*

*No class on Thanksgiving, November 26, 2026.
*No class Mon, December 21, 2026 thru Sun, January 3, 2027. Classes resume Mon, January 4, 2027.

Session 3: January 11, 2027 - March 21, 2027

Red 1	(10 weeks)	$370.00*
Red 2	(10 weeks)	$440.00*
Orange 1 & 2	(10 weeks)	$470.00*

*No class Monday, March 22 - Sunday, March 28, 2027.

Session 4: March 29, 2027 - June 6, 2027

Red 1	(10 weeks)	$370.00
Red 1 (Mon.)	(9 weeks)	$333.00*
Red 2	(10 weeks)	$440.00
Red 2 (Mon.)	(9 weeks)	$396.00*
Orange 1 & 2	(10 weeks)	$470.00
Orange 1 & 2 (Mon.)	(9 weeks)	$423.00*

*No class Memorial Day, May 31, 2027.

JUNIOR DEVELOPMENT

Junior Development Program (Ages 9-14*)

JDP is designed to develop proper technical skills for consistent baseline rallying. Proper footwork and grips are emphasized. Players will be separated by age and ability. *JDP may require an evaluation. Age and level are both considered for class/program placement. Non-marking tennis shoes and a racquet are required (first-time JDP participants will receive 10% off these items).
Director: Donna Marks - *DonnaM@cpacweb.com*
Donna is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact her directly at any time.

Weekday	*Time*	*Locations*	*Age*
Mondays	3:00-4:00pm	CPAC East	Ages 9-11
Mondays	4:00-5:00pm	CPAC East	Ages 9-11
Mondays	4:00-5:30pm	CPAC West	Ages 9-11
Tuesdays	4:00-5:00pm	CPAC East	Ages 9-11
Wednesdays	3:00-4:00pm	CPAC East	Ages 9-11
Wednesdays	4:00-5:00pm	CPAC East	Ages 9-11
Wednesdays	4:00-5:00pm	CPAC West	Ages 9-11
Wednesdays	4:00-5:30pm	CPAC East	Ages 9-11
Thursdays	4:30-6:00pm	CPAC West	Ages 9-11
Fridays	4:00-5:00pm	CPAC East	Ages 9-11
Fridays	6:00-7:30pm	CPAC East	Ages 9-11
Saturdays	9:00-10:00am	CPAC East	Ages 9-11
Saturdays	10:00-11:30am	CPAC East	Ages 9-11
Sundays	9:00-10:00am	CPAC East	Ages 9-11
Mondays	5:00-6:00pm	CPAC East	Ages 12+
Tuesdays	4:00-5:00pm	CPAC West	Ages 12+
Tuesdays	5:00-6:00pm	CPAC East	Ages 12+
Tuesdays	5:00-6:30pm	CPAC West	Ages 12+
Wednesdays	5:00-6:00pm	CPAC East	Ages 12+
Wednesdays	5:00-6:00pm	CPAC West	Ages 12+
Wednesdays	5:30-7:00pm	CPAC East	Ages 13+
Wednesdays	6:00-7:00pm	CPAC East	Ages 12+
Fridays	5:00-6:00pm	CPAC East	Ages 12+
Sundays: Match Play	4:00-5:30pm	CPAC East	
(See page 10 for Match Play Pricing)			

For 90-minute Green Ball Academy classes, see page 9 - For JDP Stroke Clinics, see page 10
For Step Forward program information, see page 13

Session Details for Junior Development

Session 1: August 10, 2026 - October 18, 2026

CPAC East/CPAC West	(10 weeks)	$500.00
CPAC East/CPAC West (Mon.)	(9 weeks)	$450.00
CPAC East/CPAC West (1.5hr)	(10 weeks)	$750.00
CPAC East/CPAC West (1.5hr)	(9 weeks)	$675.00

*No class on Labor Day, September 7, 2026.

Session 2: October 19, 2026 - January 10, 2027

CPAC East/CPAC West	(10 weeks)	$500.00
CPAC West (Thu.)	(9 weeks)	$450.00
CPAC East/CPAC West (1.5hr)	(10 weeks)	$750.00
CPAC East/CPAC West (1.5hr)	(9 weeks)	$675.00

*No class on Thanksgiving, November 26, 2026.
*No class Mon, December 21, 2026 thru Sun, January 3, 2027. Classes resume Mon, January 4, 2027.

Session 3: January 11, 2027 - March 21, 2027

CPAC East/CPAC West	(10 weeks)	$500.00
CPAC East/CPAC West (1.5hr)	(10 weeks)	$750.00

*No class Mon, March 22 - Sun, March 28, 2027.

Session 4: March 29, 2027 - June 6, 2027

CPAC East/CPAC West	(10 weeks)	$500.00
CPAC East/CPAC West (Mon.)	(9 weeks)	$450.00
CPAC East/CPAC West (1.5hr)	(10 weeks)	$750.00
CPAC East/CPAC West (1.5hr)	(9 weeks)	$675.00

*No class Memorial Day, May 31, 2027.

TOURNAMENT TRAINING

Tournament Training

TT is designed for players interested in developing skills essential for competition. Players will learn to execute proper technique in groundstrokes, serves, and volleys. TT requires an evaluation unless pre-approved by Maor Zirkin. See page 1 for evaluation details or contact the club.
Director: Maor Zirkin - *MaorZ@cpacweb.com*
Maor is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact him directly at any time.

Weekdays	*Time*	*Location*
Tuesdays	4:00-5:30pm	CPAC East
Tuesdays	4:00-6:00pm	CPAC East
Tuesdays	5:30-7:30pm	CPAC East
Fridays	4:00-5:30pm	CPAC East
Fridays	5:30-7:30pm	CPAC East
Sundays	10:00-12:00pm	CPAC East
Sundays: Match Play	4:00-5:30pm	CPAC East
Sundays: Match Play	5:30-7:00pm	CPAC East
(See Page 10 for Match Play Pricing)		
Mondays	4:00-5:30pm	CPAC West
Mondays	5:30-7:30pm	CPAC West
Tuesdays	4:30-6:00pm	CPAC West
Wednesdays	4:30-6:00pm	CPAC West
Thursdays	4:30-6:00pm	CPAC West
Saturdays	2:00-3:30pm	CPAC West
Sundays	1:00-2:30pm	CPAC West

For Academy level classes, see page 9
For Step Forward program information, see page 13

Session Details for Tournament Training

Session 1: August 10, 2026 - October 18, 2026

CPAC East/CPAC West	(10 weeks)	$780.00
CPAC West (Mon.)	(9 weeks)	$702.00
Invitational 2-hour Class	(10 weeks)	$1040.00
Invitational 2-hour Class	(9 weeks)	$936.00

*No class on Labor Day, September 7, 2026.

Session 2: October 19, 2026 - January 10, 2027

CPAC East/CPAC West	(10 weeks)	$780.00
CPAC East/CPAC West (Thu.)	(9 weeks)	$702.00
Invitational 2-hour Class	(10 weeks)	$1040.00

*No class on Thanksgiving, November 26, 2026.
*No class Mon, December 21, 2026 thru Sun, January 3, 2027. Classes resume Mon, January 4, 2027.

Session 3: January 11, 2027 - March 21, 2027

CPAC East/CPAC West	(10 weeks)	$780.00
Invitational 2-hour Class	(10 weeks)	$1040.00

*No class Mon, March 22 - Sun, March 28, 2027.

Session 4: March 29, 2027 - June 6, 2027

CPAC East/CPAC West	(10 weeks)	$780.00
CPAC East/CPAC West (Mon.)	(9 weeks)	$702.00
Invitational 2-hour Class	(10 weeks)	$1040.00
Invitational 2-hour Class	(9 weeks)	$936.00

*No class Memorial Day, May 31, 2027.

TAP

TAP (Tennis Advancement Program)

TAP is an action oriented program that emphasizes heavily on competing with a strategic mindset and mental toughness. Tournament participation is required for high TAP levels . Shot consistency will be emphasized. Designed to expose player's competitive edge. TAP requires an evaluation unless pre-approved by Frank Chen. See page 1 for evaluation details or contact the club.

Director: Frank Chen - *FrankC@cpacweb.com*

Frank is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact him directly at any time.

Weekday	*Time*	*Location*
Mondays	4:00-6:00pm	CPAC East
Tuesdays	4:00-6:00pm	CPAC East
Wednesdays	4:00-6:00pm	CPAC East
Thursdays	6:00-8:00pm	CPAC East
Fridays	4:00-6:00pm	CPAC East
Sundays	12:00-2:00pm	CPAC East
Sundays: Match Play	5:30-7:00pm	CPAC East
(See Page 10 for Match Play Pricing)		
Mondays	5:30-7:30pm	CPAC West
Tuesdays	4:30-6:30pm	CPAC West
Thursdays	6:00-8:00pm	CPAC West

For Academy level classes, see page 9
For Step Forward program information, see page 13

Session Details for TAP

Session 1: August 10, 2026 - October 18, 2026

CPAC East/CPAC West	(10 weeks)	$1040.00
CPAC East/CPAC West (Mon.)	(9 weeks)	$936.00

*No class on Labor Day, September 7, 2026.

Session 2: October 19, 2026 - January 10, 2027

CPAC East/CPAC West	(10 weeks)	$1040.00
CPAC East/CPAC West (Thu.)	(9 weeks)	$936.00

*No class on Thanksgiving, November 26, 2026.
*No class Mon, December 21, 2026 thru Fri, January 3, 2027. Classes resume Mon, January 4, 2027.

Session 3: January 11, 2027 - March 21, 2027

CPAC East/CPAC West	(10 weeks)	$1040.00

*No class Mon, March 22 - Sun, March 28, 2027.

Session 4: March 29, 2027 - June 6, 2027

CPAC East/CPAC West	(10 weeks)	$1040.00
CPAC East/CPAC West (Mon.)	(9 weeks)	$936.00

*No class Memorial Day, May 31, 2027.

SUPER EXCELLENCE

Super Excellence

SE is a high-intensity program for high school and USTA tournament players. Emphasis is on advanced technical and competitive application. SE requires an evaluation unless pre-approved by Chris Nowak. See page 1 for details or contact the club.

Director: Chris Nowak - *ChrisN@cpacweb.com*

Chris is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact him directly at any time.

Weekday	*Time*	*Location*
Mondays	8:00-10:00pm	CPAC East (Boys)
Tuesdays	6:00-8:00pm	CPAC East (Boys)
Tuesdays	7:30-9:30pm	CPAC East (Girls)
Tuesdays	8:00-10:00pm	CPAC East (Boys)
Wednesdays	6:30-8:00pm	CPAC East (Girls)
Wednesdays	8:30-10:00pm	CPAC East (Girls)
Thursdays	8:00-9:30pm	CPAC East (Girls)
Thursdays	8:00-10:00pm	CPAC East (Boys)
Sundays	12:00-1:30pm	CPAC East (Boys Session 2 & 3)
Sundays	12:00-2:00pm	CPAC East (Boys Session 1 & 4)
Sundays	1:30-3:00pm	CPAC East (Boys Session 2 & 3)
Sundays	2:00-4:00pm	CPAC East (Girls Session 4)
Sundays	2:00-4:00pm	CPAC East (Boys Session 1)
Sundays	3:00-4:30pm	CPAC East (Girls Session 2 & 3)
Sundays: Match Play	7:00-9:00pm	CPAC East
(See Page 10 for Match Play Pricing)		
Mondays	7:30-9:00pm	CPAC West (Girls)
Mondays	7:30-9:30pm	CPAC West (Girls)
Tuesdays	8:00-9:30pm	CPAC West (Girls)
Wednesdays	6:00-8:00pm	CPAC West (Boys)
Thursdays	6:00-8:00pm	CPAC West (Boys)
Thursdays	8:00-9:30pm	CPAC West (Girls)

Session Details for Super Excellence

Session 1: August 10, 2026 - October 18, 2026

CPAC East/CPAC West	(10 weeks)	$1040.00
CPAC East/CPAC West (Mon)	(9 weeks)	$936.00
CPAC East/CPAC West (1.5 hr.)	(10 weeks)	$780.00
CPAC East/CPAC West (1.5 hr.)	(9 weeks)	$702.00

*No class on Labor Day, September 7, 2026.

Session 2: October 19, 2026 - January 10, 2027

CPAC East/CPAC West	(10 weeks)	$1040.00
CPAC East/CPAC West (Thu)	(9 weeks)	$936.00
CPAC East/CPAC West (1.5 hr.)	(10 weeks)	$780.00
CPAC East/CPAC West (1.5 hr.)	(9 weeks)	$702.00

*No class on Thanksgiving, November 26, 2026.
*No class Mon, December 21, 2026 thru Fri, January 3, 2027. Classes resume Mon, January 4, 2027.

Session 3: January 11, 2027 - March 21, 2027

CPAC East/CPAC West	(10 weeks)	$1040.00
CPAC East/CPAC West (1.5 hr.)	(10 weeks)	$780.00

*No class Mon, March 22 - Sun, March 28, 2027.

Session 4: March 29, 2027 - June 6, 2027

CPAC East/CPAC West	(10 weeks)	$1040.00
CPAC East/CPAC West (Mon)	(9 weeks)	$936.00
CPAC East/CPAC West (1.5 hr.)	(10 weeks)	$780.00
CPAC East/CPAC West (1.5 hr.)	(9 weeks)	$702.00

*No class Memorial Day, May 31, 2027.

HIGH PERFORMANCE

Performance

This program is for our competitive juniors that are on the academy path along with super excellence players that are working towards competing in USTA tournaments throughout the year. We want these players to fulfill the UTR requirements and to have a tournament schedule. The emphasis is on advanced technique and match strategy. Groups are composed of mainly live ball and point play drills. Performance requires an evaluation unless pre-approved by Chris Thomas. See page 1 for details or contact the club.
Director: Chris Thomas - *ChrisT@cpacweb.com*
Chris is available to give you specific feedback on how your child is progressing. If you have any questions, please feel free to contact him directly at any time.

Weekday	Time	Location
Mondays	5:15-8:00pm	CPAC East
Tuesdays	4:30-6:30pm	CPAC West
Thursdays	6:00-8:00pm	CPAC East

For Step Forward program information, see page 13

High Performance

Invitation-only program for CPAC's top USTA tournament players. We want all players to compete in the Chicago District Championships, fulfill the minimum Universal Tennis Rating (UTR) requirements, and have National and Midwest Rankings. Emphasis is on advanced technical and competitive application. Groups are composed of mainly live ball and point play drills.

Weekday	Time	Location
Tuesdays	6:30-8:30pm	CPAC West
Wednesdays	5:15-8:00pm	CPAC East
Thursdays	4:00-6:45pm	CPAC East

Session Details for High Performance

Session 1: August 10, 2026 - October 18, 2026

CPAC East/CPAC West	(10 weeks)	$1080.00
CPAC East (Mon.)	(9 weeks)	$972.00
CPAC East (2-3/4 hr.)	(10 weeks)	$1380.00
CPAC East (2-3/4 hr.)	(9 weeks)	$1242.00

*No class on Labor Day, September 7, 2026.

Session 2: October 19, 2026 - January 10, 2027

CPAC East/CPAC West	(10 weeks)	$1080.00
CPAC East (Thu.)	(9 weeks)	$972.00
CPAC East (2-3/4 hr.)	(10 weeks)	$1380.00
CPAC East (2-3/4 hr.)	(9 weeks)	$1242.00

*No class on Thanksgiving, November 26, 2026.
*No class Mon, December 21, 2026 thru Fri, January 3, 2027. Classes resume Mon, January 4, 2027.

Session 3: January 11, 2027 - March 21, 2027

CPAC East/CPAC West	(10 weeks)	$1080.00
CPAC East (2-3/4 hr.)	(10 weeks)	$1380.00

*No class Mon, March 22 - Sun, March 28, 2027.

Session 4: March 29, 2027 - June 6, 2027

CPAC East/CPAC West	(10 weeks)	$1080.00
CPAC East (Mon.)	(9 weeks)	$972.00
CPAC East (2-3/4 hr.)	(10 weeks)	$1380.00
CPAC East (2-3/4 hr.)	(9 weeks)	$1242.00

*No class Memorial Day, May 31, 2027.

ACADEMY TENNIS PROGRAMS

Academy level programs are a track for players who show both the potential and commitment to play competitively. These levels are invite-only and space is limited. Requirements are based on a combination of metrics which include the Director's evaluation, strength and conditioning data, training hours per week, and match play/tournament commitment.
Please contact Jean Erasmus - *JeanE@cpacweb.com* - for more details.

Orange Ball Academy

Orange Ball Academy contact Rachael White - *RachaelW@cpacweb.com*

Weekdays	***Time***	***Location***	***Pricing***
Mondays	6:00-7:30pm	QS Center	$780.00 (10 weeks)
Tuesdays	6:00-7:30 pm	QS Center	$702.00 (9 weeks)
Thursdays	6:00-7:30pm	QS Center	
Fridays	5:00-6:30pm	QS Center	

Green Ball Academy

Green Ball Academy contact Rachael White - *RachaelW@cpacweb.com*

Weekdays	***Time***	***Location***	***Pricing***
Mondays	4:00-6:00pm	CPAC East	$1040.00 (10 weeks)
Wednesdays	4:00-6:00pm	CPAC East	$936.00 (9 weeks)
Thursdays	4:00-6:00pm	CPAC East	
Fridays	4:00-6:00pm	CPAC East	
Sundays	2:00-4:00pm	CPAC East	

TAP Academy

TAP Academy contact Jean Erasmus - *JeanE@cpacweb.com*

Weekdays	***Time***	***Location***	***Pricing***
Mondays	6:00-8:00pm	CPAC East	$1040.00 (10 weeks)
Wednesdays	6:00-8:00pm	CPAC West	$936.00 (9 weeks)
Thursdays	6:00-8:00pm	CPAC East	

Tournament Training Academy

TT Academy contact Maor Zirkin - *MaorZ@cpacweb.com*

Weekdays	***Time***	***Location***	***Pricing***
Tuesdays	5:30-7:30pm	CPAC East	$1040.00 (10 weeks)
Thursdays	6:00-8:00pm	CPAC East	$936.00 (9 weeks)

For Step Forward Program information, see page 13

ADDITIONAL JUNIOR PROGRAMS

Match Play Programs

CPAC is pleased to offer several different match play programs for players of all different ages and levels. On court coaching is provided in some match play programs, as this is a great way to implement the skills learned in classes and private lessons. These are offered as a stepping stone to USTA sanctioned tournaments. Because of the specific nature of match play program scheduling, a 24-hour cancellation policy is strictly enforced.

CPAC Junior Team

Players in TT and TAP will play against juniors from clubs in surrounding area. We will play both singles and doubles.

Cost: $58.00
Dates: ONCE per month, starting session 3 7:00-8:30pm
Contact: Jean Erasmus - *JeanE@cpacweb.com* - 847-948-5330

Weekly Match Play

JDP, Tournament Training, TAP, Super Excellence, and High Performance players join us weekly to increase their match play experience. This is essential to preparing for an upcoming tournament or high school tryouts. Both singles and doubles results count toward a WTN rating. The WTN will be used in selection criteria for further USTA tournaments. CPAC hosts a variety of different USTA tournaments. Results will count toward a WTN rating.

Cost: $58.00
Dates: August 11, 2026 - June 7, 2027 (40 total weeks)

Sundays (JDP/TT)	4:00-5:30pm	CPAC East
Sundays (TT/TAP)	5:30-7:00pm	CPAC East
Sundays (SE/HP)	7:00-9:00pm	CPAC East

Contact: Jean Erasmus - *JeanE@cpacweb.com*

Stroke Production Clinics

CPAC's stroke production clinics this year will be an hour-long drill focused on proper technique fundamentals and mechanics designed for intermediate beginners. Players will have the opportunity to work with a variety of coaches and emphasize repetition.

Cost: $32
Time: TBA
Location: TBA
RSVP: Email coach Donna Marks - *DonnaM@cpacweb.com*

ADDITIONAL JUNIOR PROGRAMS

Tournament Competition

Patty Lambropoulos is CPAC's Tournament Coordinator and Consultant. She has 25 years of experience successfully taking and organizing CPAC juniors to over 500 Junior Tournaments at the District, Sectional and National levels. She is currently the Chairperson of the USTA National and Midwest Junior Competition Schedules & Sanctions Committee, on the Chicago District Tennis Association Board of Directors, and Tournament Director of 50 USTA Junior tournaments at the National, Sectional, and District levels, all hosted by CPAC.

Services Offered

Informational Meetings - Dates and times to be announced.
Topics Discussed:
- -New Midwest Levels and Points-Per-Round System
- -WTN (World Tennis Number)
- -Establishing a ranking and selecting appropriate tournaments
- -USTA process (Youth Progression to National Level)
- -Elevated Point Tournaments
- -Midwest & District Levels, Points-Per-Round, and National Competition

Accompanied Tournaments:
CPAC Pros accompany groups of players to selected sectional and national tournaments.

Private Consultations:
For individual advice on what tournaments you should play, how many points you can earn, and how you can get a ranking, etc., contact Patty for a private consultation at $50.00 per hour.

Contact: Patty Lambropoulos - *PattyL@cpacweb.com*
Cell (847) 962 - 7588

USTA Tournaments

CPAC hosts over 30 tournaments per year. These tournaments will help build your competitive edge and improve your ranking (see WTN section on pg 10). There are orange, green and yellow ball offerings with gender specific events in USTA from Boys and Girls 18, 16, 14, 12 and 10 & under.

For USTA tournaments please visit: www.playusta.com/tournaments
For more information, contact Patty Lambropoulos - *PattyL@cpacweb.com*.

ADDITIONAL JUNIOR PROGRAMS

CPAC High School Doubles League

Many of you have participated on the CPAC High School doubles league. This is a great way to get crucial doubles experience. CPAC will be fielding 3 teams in the CITA (Chicagoland Indoor Tennis Association) high school tennis league. CPAC teams will consist of 8 players (4 doubles teams) per match and will be competing against teams from area clubs. CPAC will run team practices to work on doubles skills and strategy and will then provide coaching during the matches (college format allows coaching on odd number games).

Cost: $58.00
Dates: Boys League - September 2026 - February 2027
Girls League - January 2027 - June 2027
Time: Saturdays, 6:00-8:00pm
Contact: Kevin Lai - *KevinL@cpacweb.com*

Holiday Camps

Over Winter Break (Dec 21 - Jan 3, 2027) and Spring Break (March 22 - March 28, 2027), CPAC offers Tennis Camps for all ages and levels. For more information please contact Jean Erasmus - *JeanE@cpacweb.com* - 847-948-5330.

Birthday Parties

Make sure to check out CPAC for your next birthday celebration. No matter the age or size of your party, we have many packages and options available to suit your needs.
Check with Julie Schoen - *JulieS@cpacweb.com* - for pricing and availability.

STEP FORWARD

Step Forward is a footwork-focused training program designed to help players improve movement efficiency, agility, balance, coordination, and recovery steps. Players will develop better court movement habits through structured footwork drills, agility training, and tennis-specific movement patterns. Players will be placed in the appropriate class and time slot based on evaluation and coach recommendation. See page 1 for evaluation details or contact the club.
Director/Instructor: Penny Hsieh - *PennyH@cpacweb.com*

Our program will track each player's progress and provide feedback throughout the session. Penny is available to give you specific feedback on how your child is progressing. If you have any questions please feel free to contact her directly at any time.

Weekday	Time	Location
Mondays	6:00-7:00pm	CPAC Fitness Center
Tuesdays	4:30-5:30pm	CPAC Fitness Center
Tuesdays	6:00-7:00pm	CPAC Fitness Center
Wednesdays	6:00-7:00pm	CPAC Fitness Center
Fridays	4:30-5:30pm	CPAC Fitness Center

Cost: Drop-in $40.00
Package $300.00 for 10 sessions
*Package cannot be shared between players and must be used during the 2026-2027 season.

ADULT TENNIS PROGRAM

Adult Drills

Explore College Park's extensive range of adult programs designed for both men and women of all skill levels. Elevate your experience in the 2026 season with CPAC's revamped adult membership. Gain access to exclusive member-only packages, savings on drills, discounted court time, and more. Check out page 17 for detailed information on our membership and drill package options. Below are this season's adult drills and programs: For further details on our adult offerings, feel free to contact Mark Roberts at *MarkR@cpacweb.com*.

Lunch Time Drill

High-intensity drill with live point-play.

Tuesdays	1:00-2:30pm	CPAC East	(4.0-4.5)
Thursdays	12:00-1:30pm*	CPAC East	(4.0-4.5)
Fridays	1:00-2:30pm	CPAC East	(4.0-4.5)

Starts: August 11, 2026
Cost: Members: $60.00
Non-Members $70.00
*No drill Thanksgiving, November 26, 2026

Cardio Tennis

Tuesdays	9:00-10:30am	CPAC East	(4.0+)

Starts: August 11, 2026
Cost: Members: $32.00
Non-Members $37.00
*No drill Labor Day, September 7, 2026
*No drill Thanksgiving, November 26, 2026

Mondays	9:00-10:30am	CPAC East	(3.0-4.0)
Wednesdays	9:00-10:30am	CPAC West	(3.0-4.0)
Thursdays	9:30-11:00am*	CPAC East	(4.5+)
Fridays	9:00-10:30am	CPAC West	(3.0-4.0)

Starts: August 11, 2026
Cost: Members: $48.00
Non-Members $53.00
*No drill Labor Day, September 7, 2026
*No drill Thanksgiving, November 26, 2026

Early Bird Drills - Men/Women 4.0 & Above

Tuesday	6:30-8:00am
Thursdays	6:30-8:00am
Fridays	6:30-8:00am

Starts: August 11, 2026
Cost: Members: $49.00
Non-Members $54.00
*No drill Thanksgiving, November 26, 2026

Men's and Women's Drills

4.0-4.5+ Drill/Play - Men
(1-hour drill, 30 minutes play)
Tuesdays 7:30-9:00pm

Starts: August 11, 2026
Cost: Members: $60.00
Non-Members $70.00

3.5-4.0+ Drill/Play - Men
(1-hour drill, 30 minutes play)

Monday	8:00-9:30pm
Saturdays	7:30-9:00am
Sundays	7:30-9:00am

Starts: August 11, 2026
Cost: Members: $60.00
Non-Members $70.00
*No drill Labor Day, September 7, 2026

4.5+ Open Drill/Play - Men
(1-hour drill, 30 minutes play)
Wednesdays 8:00-9:30pm

Starts: August 11, 2026
Cost: Members: $60.00
Non-Members $70.00

4.5+ Open Drill/Play - Women
(1-hour drill, 30 minutes play)
Wednesdays 9:30-11:00am

Starts: August 11, 2026
Cost: Members: $60.00
Non-Members $70.00

WOMENS CITA TEAMS

Drills and Match Times

CITA matches will begin the week of August 11, 2026

Women's 3.0 CITA Team
Matches: Thursday 11:00-1:00pm
Drills: Wednesday 9:30-11:00am

Captain: Donna Marks
DonnaM@cpacweb.com

Women's 4.0 CITA Team - CPAC EAST
Matches: Friday 10:00-12:00pm
Drills: Tuesday 9:30-11:00am

Captain: Donna Marks
DonnaM@cpacweb.com
*Team will play 4.0 Red North Central, and 4.5 Green Northwest on alternating weeks.

Women's 3.5 CITA Team
Matches: Wednesday 10:00-12:00pm
Drills: Monday 10:30-12:00pm

Captain: Donna Marks
DonnaM@cpacweb.com

Women's 4.5 CITA Team
Matches: Friday 10:00-12:00pm
Drills: Monday 10:30-12:30pm

Captain: Kevin Lai
KevinL@cpacweb.com
*Matches are every week.

Women's 4.0 CITA Team
Matches: Wednesday 10:00-12:00pm
Drills: Monday 9:00-10:30am
*Monday drill is at CPAC East
Captain: Ken Sitar
KenS@cpacweb.com

Women's Open CITA Team
Matches: Friday (NC/NW) 10:30-12:30pm
Drills: Tuesday 9:00-11:00am

Captain: Rachael White
RachaelW@cpacweb.com
*North Central/Northwest play every other week.
**Contact Team captain for drill package information.

Women's 4.0 CITA Teams - CPAC WEST
Matches: Wednesday 10:00-12:00pm
Drills: Thursdays 9:30-11:00am
Captain: Donna Marks
DonnaM@cpacweb.com

Women's CITA Teams Cost

1.5hr drill times	$60.00 Member $70.00 Non-Member
2hr drill times	$77.00 Member $87.00 Non-Member
Matches	$44.00

MENS CITA TEAMS

Drills and Match Times

CITA matches will begin the week of August 11, 2026

Men's 3.5 CITA Team
Mondays 8:00-9:30pm
Saturdays 10:00-12:00pm
*Drills and Matches are held on alternate weeks.
Location: CPAC East
Contact: Rich Koukol *RichK@cpacweb.com*
Mark Roberts *MarkR@cpacweb.com*

Men's Open CITA Team
Saturdays 12:00-2:00pm
*Drills and Matches are held on alternate weeks.
Location: CPAC East
Contact: Frank Chen *FrankC@cpacweb.com*

Men's 4.0 CITA Team
Tuesdays Drill: 7:30 - 9:00pm
Saturdays 12:00-2:00pm or 2:00-4:00pm
*Drills and Matches are held on alternate weeks.
Location: CPAC East
Contact: Ken Sitar *KenS@cpacweb.com*

Men's 4.0 CITA Singles Team
Sundays 7:30-9:00am
Location: CPAC East
Contact: Rich Koukol *RichK@cpacweb.com*

Men's 4.5 CITA Team
Wednesdays 8:00-9:30pm
*Drills and Matches are held on alternate weeks.
Location: CPAC East
Contact: Frank Chen *FrankC@cpacweb.com*

Men's 4.5 CITA Singles Team
Sundays 7:30-9:00am
Location: CPAC East
Contact: Rich Koukol *RichK@cpacweb.com*

Men's CITA Teams Cost

1.5hr drill times	$60.00 Member
	$70.00 Non-Member
2hr drill times	$77.00 Member
	$87.00 Non-Member
Matches	$44.00

ADULT PROGRAMS AND MEMBERSHIP

Women's Super Doubles

Tuesdays 11:00 – 1:00pm (3.0 USTA & up)

Starts:	August 11, 2026	
Cost:	Members	$35.00
	Non-members	$37.00
Contact:	Donna Marks	*DonnaM@cpacweb.com* (Tues)
	Mark Roberts	*MarkR@cpacweb.com* (Wed)

Location: CPAC East

Beginner Drills

Drill for beginners and advanced beginners. Focus on stroke production and introduction to doubles strategy.

Mondays 9:00-10:30am | Tuesdays 10:30-12:00pm | Fridays 9:00-10:30am

Starts: August 10, 2026 Cost: Members $60.00 Non-Members $70.00

*No drill Labor Day, September 7, 2026
*No drill Thanksgiving, November 26, 2026

For more information on beginner's tennis drills and pricing, please contact Mark Roberts at *MarkR@cpacweb.com.*

Adult Membership

CPAC is rolling out upgraded Adult membership for this season where you get more perks at a lower cost. With this season's adult memberships, you also have access to more savings with packages. For more information on our membership and packages please contact Mark Roberts - *MarkR@cpacweb.com*.

2026-2027 Adult Memberships:

Individual Adult	Cost: $50.00/month
Couples	Cost: $70.00/month
Family	Cost: $90.00/month

Membership Includes:
*Savings on ALL drills
*Access to our discounted packages
*50% off court time
*Full access to our fitness center

You can supercharge your membership with our Adult Athlete Unlimited Add-On Cost: $149.00/Month* (*See Pg. 20 for more information.)

Adult Packages
All Packages come in 10 packs and must be used during the 2026-2027 Indoor Season:

1.5 Hour Cardio $450.00	Tennis 1.5 Hour $550.00
	Tennis 2 Hour $720.00

TENNIS STAFF

Private tennis lessons are available to CPAC members. For assistance in getting set up with a pro, contact Jean Erasmus - *JeanE@cpacweb.com*. Due to high demand, all juniors must be enrolled in the CPAC junior tennis program. Please note that due to the limited number of private courts available, all members taking a weekly standing lesson during the indoor season will be responsible for payment throughout the duration of the entire indoor season in the event of an unfilled cancellation.

College Park Tennis Staff

Isriz Balase – *IsrizB@cpacweb.com*
Isriz "Izzy" is USPTA Certified and is the current head coach for boys and girls varsity tennis at Stevenson High School. He played high school tennis at Schaumburg, collegiately at Judson University, and served as the men's and women's assistant coach at North Central College. Isriz has been teaching all ages and levels professionally for more than 9 years.

Lawson Barter – *LawsonB@cpacweb.com*
CPAC Pickleball Director & IPTPA Certified. Experienced tennis professional with over 12 years of coaching at all levels across the North Shore. Worked for 3.5 years in the Racquet division at Wilson Sporting Goods. Former D1 tennis player at Saint Francis University (PA), holds the record for most doubles wins in a single season. Graduate of Loyola Academy, where he was the top singles and doubles varsity player all four year.

Blake Bazarnik – *BlakeB@cpacweb.com*
Former Illinois HS State Singles Champion. Ranked as high as #5 in US as a junior player. Played college tennis at Vanderbilt and University of Illinois. Previous CPAC Junior Tennis Director and current General Manager.

Brian Bellew – *BrianB@cpacweb.com*
Over 40 years of teaching experience in the Chicago area for players of all ages and levels. Head Tennis Director at Twin Orchard Country Club. Coaches several competitive CITA Women's Teams.

Ben Bicknese – *BenB@cpacweb.com*
Over 16 years, Ben has held the titles of CPAC Jr Tennis Director, Adult Tennis Director, Tennis Director, and Pickleball Director, growing each program substantially. Fall 2023 he had helped to launch Pickle Haus Algonquin as its first Pickleball Director.

Christian Breuker – *ChristianB@cpacweb.com*
Christian graduated from Hope college with a Professional Tennis Management degree. He is a USPTA and PTR certified coach. Coached high school tennis in Michigan for 3 years and has been coaching all ages for 5 years now.

Max Brito – *MaxB@cpacweb.com*
Max's passion for tennis started through his childhood and transitioned into competitive play during his high school years. Max was a four-year varsity athlete and continued to play on the University of Illinois club tennis team. Alongside his athletic achievements, Max holds both a bachelor's and master's degree in Clinical Social Work, showcasing his dedication to both mental and physical well-being.

Rob Budacsek – *RobB@cpacweb.com*
Former ATP singles & doubles player. Israel's coach of the year 1997. Israeli National Junior Head 1996-1999. CUSTPA coach of the year 2013 & USTPA certified for 20 yrs. Coaching USTA/ITF/ATP/WTAP players since 1996. Coaching Chicago's top juniors since 2000. Coached 32 ATP/WTA professionals and 285 collegiate athletes. CDTA B18s Head coach for Midwest Champions 2018 & Finals 2019. CPAC Director of Coaches and Player Development.

Frank Chen – *FrankC@cpacweb.com*
Former D1 player and coach for the University of Arizona. Top 500 ITF junior ranking and top 10 junior in Taiwan. Bilingual in Mandarin. Coached WTA players from Taiwan in prestigious events such as BNP Paribas Open, Western and Southern Open and the US Open as well as many tournaments above ITF W60 level.

TENNIS STAFF

Jean Erasmus – *JeanE@cpacweb.com*
Former ATP ranked player and Drake University stand out. Former interim head coach at UT San Antonio. Current Namibian Davis Cup playing Captain. Current Junior Tennis Director.

Alan Fijalkowski – *AlanF@cpacweb.com*
Standout player at Lewis University. Former High School and Junior High training director at Glenbrook Racquet Club. Grew up playing in Poland. Competed in international tournaments.

Alex Gray – *AlexG@cpacweb.com*
Alex played high school tennis at Edwardsville High School and won state in doubles in 2017 and then went on to play college tennis at the University of Wisconsin - Whitewater where he was an All American in 2021. In his free time he enjoys working out and being outdoors hiking or fishing.

Penny Hseih – *PennyH@cpacweb.com*
Former Division 1 player for West Virginia University. Nationally Ranked program while a member of the team. Top 5 Junior player in Taiwan and 2019 Sunbelt first team double. Penny has 6 years of coaching experience, working with both junior and adult players during the past summer.

Matt Kacyn – *MattK@cpacweb.com*
Two time Illinois HS all state doubles player from Deerfield HS. Played collegiate tennis at Lake Forest College, two seasons as #1 doubles. Bachelor's degree in psychology and education.

Rich Koukol – *RichK@cpacweb.com*
Has taught tennis in the North Shore area for over 2 decades at various tennis clubs on the North Shore. He's also the Deerfield HS Varsity Girls Tennis Coach and the Lake Forest HS JV Boys Tennis Coach.

Patty Kuo – *PattyK@cpacweb.com*
Former player at Division I from Weber State University. Top 5 Juniors in Taiwan. 2022 NCAA Woman of the Year Nominee. Trilingual in Taiwanese, Mandarin and English.

Kevin Lai – *KevinL@cpacweb.com*
Former #4 NCAA Doubles Division 1 player from the University of Kentucky. Ranked #113 in ITF. Top 4 junior in Taiwan. USPTA Elite coaching level, trained top junior players in Taiwan. Speaks Mandarin, Taiwanese, and English.

Hans Lin – *HansL@cpacweb.com*
Former NCAA D1 player from University of Washington. Ranked #88 in ITF. Played DAVIS Cup World Group against Kazakhstan.

Donna Marks – *DonnaM@cpacweb.com*
Certified USPTA professional and physical education teacher. Experienced as a player as well as a coordinator of traveling teams and leagues. Director of Junior Development Program at CPAC for 35 years.

John Metzger – *JohnM@cpacweb.com*
John Metzger played #1 singles at Illinois Central College and as high as #3 singles at Illinois State University. In 1989, he was a bronze medalist in doubles at Illinois' Prairie State Games. He has over 12 years of teaching experience, having taught at several tennis clubs in the Chicagoland area.

Chris Nowak – *ChrisN@cpacweb.com*
Former college player at Middle Tennessee University. Graduate of Glenbrook South HS, where he was a standout tennis player. Competed on the pro tour. Former Quick Start Director. Current Director of the CPAC Super Excellence program.

Megan Nguyen – *MeganN@cpacweb.com*
Former D2 collegiate player at Lewis University. Has been teaching tennis professionally in the Chicago area for more than 10 years. Has experience coaching adult and junior players at all levels. Safeplay Certified. National Champion member of USTA 4.5 Women's 18+. National Runner-up member of USTA Women's High Tri-Level 18+.

TENNIS STAFF

Oliver Okonkwo – *OliverO@cpacweb.com*
Ollie was born and raised in Great Britain.He was ranked as high as #6 in the nation 18&U. He also played college tennis at the university of Iowa (undergrad) and the university of Illinois (master's). Highest college ranking #2 in doubles at Iowa. Ollie is currently playing on the ATP tour.

John Park – *JohnP@cpacweb.com*
John Park is a PTR-certified tennis-teaching professional at CPAC, known for his motivating catchphrase on the court, "You are almost there!" He's passionate about inspiring tennis players of all skill levels to enhance their athleticism. Beyond the court, John loves to play golf with his wife, Julie, and to teach art history as an adjunct faculty member at Trinity International University. Additionally, he serves SENT International Church as the founding pastor. John holds a Ph.D. degree from Trinity Evangelical Divinity School.

Wendy Revak – *WendyR@cpacweb.com*
USPTA P1 Certified Tennis Pro, ISSA Certified Personal Fitness Trainer. Current Manager of a former WTA #1 Ranked doubles player and #8 in the world singles player. Former Assistant Coach at The University of Michigan, Top 25 USTA nationally ranked player Class "A" Michigan State Champion at #1 Singles, University of Wisconsin #1 Singles and #1 Doubles player. Works with aspiring high school players to nationally ranked juniors.

Michael Reyes – *MikeR@cpacweb.com*
45 years teaching experience. Certified in 3 teaching systems. Taught Tennis in 3 Continents. Held State and National rankings in 4 sports. Personal Coach to the Royal Family of Qatar.

Mark Roberts – *MarkR@cpacweb.com*
Former professional and D1 college player. 24 years coaching/directing experience with all levels including professional, D1 college, adults and children.

Melton Russell – *MeltonR@cpacweb.com*
50 years teaching experience with adults and juniors, 34 in the Chicagoland area. Several of his students have gone on to the national and professional level.

Ken Sitar – *KenS@cpacweb.com*
Ken has a Masters degree in Education. He has been coaching tennis for the past 10 years, at all levels. His passions include coaching, tennis, exercise, reading, sculpting, and aviation. Fun fact: he doesn't own a TV!

Chris Thomas – *ChrisT@cpacweb.com*
Played HS tennis at New Trier and D1 tennis at Eastern IL Univ. Graduate Asst Coach for both Men's and Women's teams at Western IL. Former High Performance director at Glenbrook Racquet Club for 7 yrs. New Director of CPAC's High Performance program.

Gary Thomas – *GaryT@cpacweb.com*
Lifelong player and full-time coach since 2010. Certifications include: Master of Tennis in Junior Development (PTR), 10 and Under Professional (PTR), Youth Tennis Coach (USTA) and High School Athletic Coaching (IHSA).

Rachael White – *RachaelW@cpacweb.com*
Former IL HS state champ from Deerfield HS. All-American at University of Illinois. Worked at IMG Academy, Five Seasons Sports Club and Northmoor Country Club. Experience coaching all levels. USTA Orange Ball EDC coach and recipient of USPTA Midwest Division U30 Award.

Maor Zirkin – *MaorZ@cpacweb.com*
Worked with several juniors who reached top 20 in the nation in the past 10 yrs. Former player and coach at Drake University, where he holds the record for most wins in Drake tennis history. Competed on the ITF Circuit.

TRAINING AT CPAC

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

Monday-Friday 7:00am - 8:00am + 8:00-9:00am + Th/F 9:00-10:00am

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)

Sunday 9:00am - 10:00am + Tuesday 9:00-10:00am

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)

Wednesday 9:00am - 10:00am + Saturday 8:00-9:00am

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)

Wednesday + Saturday 9:00-10:00am

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*.

TRAINING AT CPAC

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

College Park Fitness Staff

Andrew Bui – *AndrewB@cpacweb.com*
Andrew is a former United States Navy Greenside Corpsman with a passion for medicine, strength training, and athletic performance. He enjoys powerlifting and conditioning and is pursuing goals in healthcare education and personal growth. His focus includes discipline, faith, service, and continuous physical and mental development.

Jared Cruz – *JaredC@cpacweb.com*
Received a Bachelor of Science Degree in Kinesiology at the University of Illinois at Urbana-Champaign. Competitive power lifter. Trains both collegiate and professional athletes, as well as youth and adult athletes.

Corbin Gaines – *CorbinG@cpacweb.com*
Received both a Bachelors of Science degree in Health & Fitness from the University of Oklahoma and a Master's Degree in Strength and Conditioning from Concordia University. Has been coaching and training professionals, collegiate, and youth athletes for over 8 yrs.

Luis Henriquez – *LuisH@cpacweb.com*
Luis was born in Venezuela and raised in the Dominican Republic. He was a member of the DR national baseball team for 7 years and moved to the US at 15 y/o to play high school baseball in Florida. Played college baseball at Trinity International University and majored in business management and also received his masters degree in Organizational Leadership. Jiu jitsu coach and competitor. Competed at the Pan American Championship in 2023 & 2024 and World championship in 2023, and winner of the Chicago Open in 2024.

Laura Lohrmann – *LauraL@cpacweb.com*
Received a B.S. Sports and Exercise Science - University of Kansas. Certified Muscle Activation Techniques® Specialist, Certified ACE Personal Trainer, CrainioSacral Courses Completed CS1, CS2, SER1, Around the Table, Professional Wakeboarder and X-Games Athlete.

TAEKWONDO

Taekwondo

Enhance Discipline, Build Self-Confidence, Increase Fitness and Endurance, Develop Perseverance, Learn Self-Defense and have FUN!

It is our desire to offer nothing but the best Taekwondo instruction possible. Our program is designed to meet the needs of all levels and ages as we offer lessons for both children and adults. Our Masters come with a long history of competition and training and have developed several National Champions.

Master Roman Ogortsov - *RomanO@cpacweb.com*: 24 years of teaching experience. He competed at the highest level, winning at both local and international tournaments including the U.S. Open.

Master Mary Alindogan - *MaryA@cpacweb.com*: 22 years of teaching experience. Competed at the 1992 Barcelona Olympics, Asian Championships (Bronze), and Southeast Asian Games (Silver).

Taekwondo August 10, 2026 - June 6, 2027 Schedule

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).

Weekdays/Weekend	Times	Ages	Levels
Mondays/Wednesdays	3:30-4:00pm	3-5yrs	White-Yellow
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	White-Brown
Tuesdays/Thursdays	3:30-4:00pm	3-5yrs	White-Yellow
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	3-5yrs	White-Yellow
Saturdays	9:00-9:40am	6-10yrs	White-Yellow
Saturdays	9:40-10:20am	7-10yrs	Orange-Green
Saturdays	10:20-11:00am	8-12yrs	Purple-Brown

Adult classes offered as well. Contact Master Roman for more information.
Master Roman Ogortsov - *RomanO@cpacweb.com*.

PICKLEBALL

Pickleball is the fastest growing sport in the United States, and it has arrived at CPAC. 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. We offer 6 pickleball courts at our CPAC West location and 1 private court at our CPAC East location! We look forward to seeing you on the court!

All Pickleball programming will be at CPAC West unless otherwise noted.
Our programming runs August 17, 2026 - May 28, 2027

Court Reservation Fees

CPAC East $20.00/hour CPAC West $20.00/hour

If you are looking for permanent court time reservation, please contact Randee Abramovitch at *RandeeA@cpacweb.com*.

Not sure about your level? No problem! Schedule a 15-minute evaluation with our Director of Pickleball, Lawson Barter at *LawsonB@cpacweb.com*.

Mixed Leagues

4.25+ Ladies (Invite Only)	Mondays	9:00 - 10:30am	(10 week session)
4.0 Mixed League	Mondays	10:30 - 12:00pm	(10 week session)
3.0-3.5 Mixed League	Tuesdays	9:30 - 11:00pm	(10 week session)
4.5+ Mixed League	Thursdays	11:00 - 1:00pm	(10 week session)

Session 1: September 14, 2026 - November 20, 2026	Cost $250.00
Session 2: November 30, 2026 - February 19, 2027	Cost $250.00
Session 3: February 22, 2027 - April 30, 2027	Cost $250.00

*No League the week of Thanksgiving.

Open Play

Wednesdays/Fridays	2.5 - 3.5	9:00 - 10:30am	Cost $15.00
Wednesdays/Fridays	3.5+	9:00 - 10:30am	Cost $15.00

Drills

Mondays	3.0-3.5	9:00 - 10:30am	Cost $30.00
Mondays	Beginners	12:00 - 1:00pm	Cost $30.00
Tuesdays	3.75+	1:00 - 2:30pm	Cost $30.00
Thursdays	3.0-3.5	9:00 - 10:30am	Cost $30.00

PICKLEBALL

Performance Play

Tuesday Performance Play 11:00 - 12:30pm 4.5+ Invite Only Cost $20.00
If you are interested in joining performance play, please contact Alex Gray at *AlexG@cpacweb.com*.

4.0+ Team Pickleball League

Players interested in playing team pickleball will need to create a team with a minimum of 4 players *and a* maximum of 6 players Teams can request a specific coach for their team. Coaches will plan team practices and coach during leagues. If you are interested in joining Team Pickleball League, please contact Lawson Barter at *LawsonB@cpacweb.com*.

Session 1: September 14, 2026 - November 20, 2026	Cost $150.00
Session 2: November 30, 2026 - February 19, 2027	Cost $150.00
Session 3: February 22, 2027 - April 30, 2027	Cost $150.00

*No League the week of Thanksgiving.

4.0+ Team Pickleball	Fridays	12:00pm - 2:00pm	(10 week session)

Chicago Indoor Pickleball Association League

The CIPA League is a Travel League where CPAC and other clubs in the northshore compete against one another in a team vs team format. The schedule will be confirmed by the CIPA Board and posted prior to play. Players who are interested in participating in this league must reach out to the corresponding captains below.

Thursdays 11:00 - 1:00pm

4.0+	Women's Team	Lawson Barter, *LawsonB@cpacweb.com*
3.25-3.99	Women's Team	Randee Abramovitch, *RandeeA@cpacweb.com*

Pickleball Coaching Staff

Lawson Barter (Director), Randee Abramovitch, Isriz "Izzy" Balase, Ben Bicknese, Alex Gray, Kauri McKendry and John Metzger

CPAC SERVICES

Pro Shop

Come visit Chicago's Largest Premier Tennis Shop right here on the North Shore. We have nearly 1000 pairs of Tennis/Paddle/Pickleball shoes in stock for the whole family and even for those little ones just picking up racquets. Our prices are the same as any online site but here for you to see, touch and try-on for the best fit.

Racquet Sales & Stringing

Looking for a new racquet? We have scores of new racquets from Wilson, Babolat, Head, and Yonex. Aren't sure which one to get? We have dozens of demo racquets you can try before you buy for just $5.00.($5.00 demo fee will be returned as an account credit for racquet purchased thru CPAC.)

All new racquets purchased at CPAC get the first stringing job for FREE (Racquet Packages do not qualify). Contact Frank Chen - *FrankC@cpacweb.com* - for more information or to place a racquet order. Inquiries will be answered within 48 hours.

Stringing services are available for both members and nonmembers. Services are completed within 2 days. Rush fees are also available upon request.

Giving Back

CPAC has partnered with various charitable organizations throughout the years to raise money for causes we care about. Thank you to all of you who consistently donate your time, money, and resources to take part in the good work these organizations are doing in our world.

lambs farm
where people grow

House of PEACE

sparkventures





CPAC
COLLEGE PARK ATHLETIC CLUB





CPAC

College Park Athletic Club East
2223 Half Day Road
Bannockburn, Illinois 60015
From Half Day Rd. (Rt 22), turn south on Lakeside Dr. (one block east of 294/94). Proceed to the second building on the right. The entrance is on the south end of the parking lot.

College Park Athletic Club West
10 Marriott Drive, Lincolnshire, Illinois 60069
From Half Day Rd. (Rt 22), turn south on Milwaukee Ave. (Rt 21, three miles west of 294/94). Turn east on Marriott Drive. Proceed to Lincolnshire Marriott Hotel and follow signs to "Racquet Club."

Frequently Asked Questions

Do I Need To Be A CPAC Member To Play Tennis At CPAC?
No, you don't need to be a member to book courts but a $10 nonmember fee will be added to any court reservations

Do I Need To Be A CPAC Member To Work With A Personal Trainer?
No, Personal Training is available to non-members of CPAC.

Does CPAC Have An App?
Yes, The CPAC App is available on both iOS and Android.

I'm A Member And Having Trouble Accessing The CPAC App, What Do I Do?
If you are an existing member or participant, you already have a profile with us. If you're having trouble logging in, try the password reset prompt on the bottom of the login screen. If you are still unable to log in from the reset, please refrain from creating a new account and call our HUB Staff (847-958-5330) or visit our HUB (Front Desk) in person.