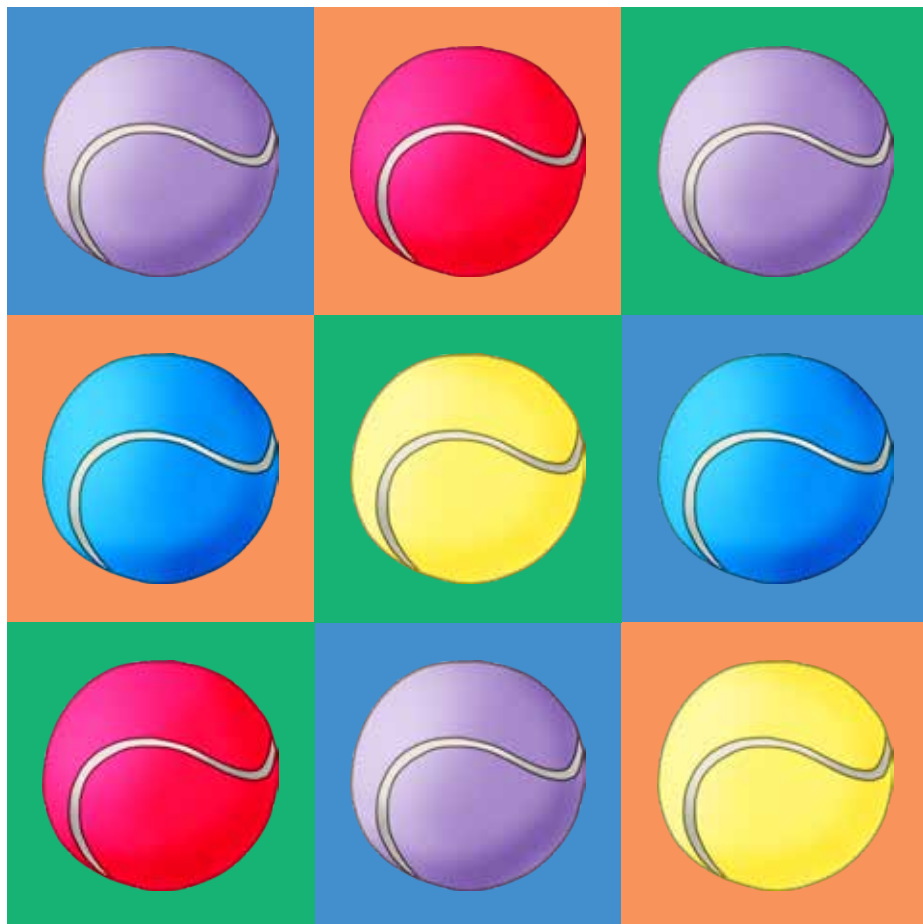


CPAC

COLLEGE PARK ATHLETIC CLUB



2023-2024 SEASON

WWW.CPACWEB.COM

847 - 948 - 5330

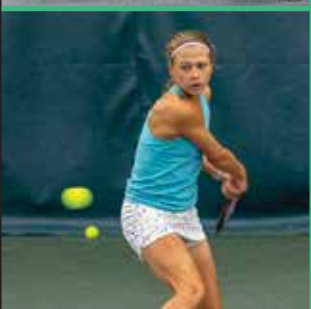


TABLE OF CONTENTS

Junior Tennis Program	Page 1
QuickStart	Page 3
Junior Development Program	Page 4
Tournament Training	Page 5
Tennis Advancement Program (TAP)	Page 6
Super Excellence	Page 7
High Performance	Page 8
Academy Tennis Programs	Page 9
Match Play	Page 10
Tournaments	Page 11
Birthday Parties	Page 12
Adult Programs	Page 13
Men's Programs	Page 14
Women's Programs	Page 15
Tennis Staff	Page 17
Training at CPAC	Page 20
Taekwondo	Page 22
Pickleball	Page 23
CPAC Services	Page 25

**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 non-beginner students. 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 or Debit Card on file.**

STEP 3: SIGN UP AS A CPAC JUNIOR MEMBER

Each session a \$40 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 24hrs. in advance. Please note: Canceled courts will be assessed a fee of \$20 and Non-members playing with a Junior Member will be assessed a guest fee in addition to their share of the court fee. Junior Membership also includes access to our Proteus Assessment Program, a cutting edge technology that measures athletic performance and potential limitations. CPAC is the first tennis program in the world with Proteus. 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 24 hours of the time of play. Junior players not enrolled in a class (and all adult players) must pay the full court rate. Cancellation fees for junior court time will apply. **Any non-member parents on court (whether playing, picking up, or just feeding balls) will be charged the regular court and guest fees.** 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**, Jean Erasmus 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 Blake Bazarnik (BlakeB@cpacweb.com) or your program director.

QUICKSTART TENNIS

Quickstart Tennis (Ages 3-9*)

QuickStart 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	Session Details for Quickstart		
RED 1			Session 1: August 14, 2023 - October 22, 2023		
Mondays	3:15-4:00 PM	CPAC East	Red 1	(10 weeks)	\$310.00
Tuesdays	3:15-4:00 PM	CPAC East	Red 1 (Mon.)	(9 weeks)	\$279.00*
Thursdays	3:15-4:00 PM	CPAC East	Red 2	(10 weeks)	\$380.00
RED 2			Red 2 (Mon.)	(9 weeks)	\$342.00*
Mondays	4:00-5:00 PM	CPAC East	Orange 1 & 2	(10 weeks)	\$410.00
Tuesdays	4:00-5:00 PM	CPAC East	Orange 1 & 2 (Mon.)	(9 weeks)	\$369.00*
Wednesdays	4:00-5:00 PM	CPAC East	*No class on Labor Day, September 4, 2023.		
Thursdays	4:00-5:00 PM	CPAC East	Session 2: October 23, 2023 - January 14, 2024		
Fridays	4:00-5:00 PM	CPAC East	Red 1	(10 weeks)	\$310.00
Saturdays	9:00-10:00 AM	CPAC East	Red 1 (Thu.)	(9 weeks)	\$279.00*
Saturdays	11:00-12:00 PM	CPAC East	Red 2	(10 weeks)	\$380.00
Sundays	2:30-3:30 PM	CPAC East	Red 2 (Thu.)	(9 weeks)	\$342.00*
ORANGE 1 & ORANGE 2			Orange 1 & 2	(10 weeks)	\$410.00
Mondays	5:00-6:00 PM	CPAC East	Orange 1 & 2 (Thu.)	(9 weeks)	\$369.00*
Tuesdays	5:00-6:00 PM	CPAC East	*No class on Thanksgiving, November 23, 2023.		
Wednesdays	5:00-6:00 PM	CPAC East	*No class Sat, December 23, 2023 thru Fri, January 5, 2024. Classes resume Sat, January 6, 2024.		
Thursdays	5:00-6:00 PM	CPAC East	Session 3: January 15, 2024 - March 24, 2024		
Saturdays	10:00-11:00 AM	CPAC East	Red 1	(10 weeks)	\$310.00*
Sundays	1:30-2:30 PM	CPAC East	Red 2	(10 weeks)	\$380.00*
Sundays	3:30-4:30 PM	CPAC East	Orange 1 & 2	(10 weeks)	\$410.00*
Sundays	4:30-5:30 PM	CPAC East	*No class Monday, March 25 - Sunday March 31, 2024.		
Tuesdays	4:00-5:00 PM	CPAC West	Session 4: April 1, 2024 - June 9, 2024		
For 90-minute Orange Ball Academy classes, see page 9			Red 1	(10 weeks)	\$310.00
			Red 1 (Mon.)	(9 weeks)	\$279.00*
			Red 2	(10 weeks)	\$380.00
			Red 2 (Mon.)	(9 weeks)	\$342.00*
			Orange 1 & 2	(10 weeks)	\$410.00
			Orange 1 & 2 (Mon.)	(9 weeks)	\$369.00*
			*No class Memorial Day, May 27, 2024.		

JUNIOR DEVELOPMENT

Junior Development Program (Ages 9-18*)

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	Location	Age
Mondays	4:00-5:00 PM	CPAC East	Ages 9-11
Mondays	5:00-6:00 PM	CPAC East	Ages 12 and up
Tuesdays	4:00-5:00 PM	CPAC East	Ages 9-11
Tuesdays	5:00-6:00 PM	CPAC East	Ages 12 and up
Wednesdays	3:00-4:00 PM	CPAC East	Ages 9-11
Wednesdays	4:00-5:00 PM	CPAC East	Ages 9-11
Wednesdays	5:00-6:00 PM	CPAC East	Ages 12 and up
Wednesdays	6:00-7:00 PM	CPAC East	Ages 12 and up
Fridays	4:00-5:00 PM	CPAC East	Ages 9-11
Fridays	5:00-6:00 PM	CPAC East	Ages 12 and up
Saturdays	9:00-10:00 AM	CPAC East	Ages 9 and up
Saturdays	10:00-11:00 AM	CPAC East	Ages 9-11
Saturdays	4:00-5:00 PM	CPAC East	Ages 9-11
Saturdays	5:00-6:00 PM	CPAC East	Ages 12 and up
Sundays: Match Play	4:00-5:30 PM	CPAC East	
(See Page 10 for Match Play Pricing)			
Mondays	4:00-5:00 PM	CPAC West	Ages 9 and up
Wednesdays	4:00-5:00 PM	CPAC West	Ages 9 and up
Wednesdays	5:00-6:00 PM	CPAC West	Ages 12 and up
Thursdays	4:00-5:00 PM	CPAC West	Ages 9 and up
Fridays	4:00-5:00 PM	CPAC West	Ages 9-11
Fridays	5:00-6:00 PM	CPAC West	Ages 12 and up
Sundays	12:00-1:00 PM	CPAC West	Ages 9-11

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

Session Details for Junior Development Program

Session 1: August 14, 2023 - October 22, 2023

CPAC East/CPAC West (10 weeks) \$430.00
CPAC East/CPAC West (Mon.) (9 weeks) \$387.00

*No class on Labor Day, September 4, 2023.

Session 2: October 23, 2023 - January 14, 2024

CPAC East/CPAC West (10 weeks) \$430.00
CPAC West (Thu.) (9 weeks) \$387.00

*No class on Thanksgiving, November 23, 2023.

*No class Sat, December 23, 2023 thru Fri, January 5, 2024. Classes resume Sat, January 6, 2024.

Session 3: January 15, 2024 - March 24, 2024

CPAC East/CPAC West (10 weeks) \$430.00

*No class Monday, March 25 - Sunday March 31, 2024.

Session 4: April 1, 2024 - June 9, 2024

CPAC East/CPAC West (10 weeks) \$430.00
CPAC East/CPAC West (Mon.) (9 weeks) \$387.00

*No class Memorial Day, May 27, 2024.



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 Jean Erasmus. See page 1 for evaluation details or contact the club.**

Director: Jean Erasmus (JeanE@cpacweb.com)

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

*Invitational two-hour class includes tennis-specific fitness.

For Academy level classes, see page 9

Session Details for Tournament Training

Session 1: August 14, 2023 - October 22, 2023

CPAC East/CPAC West (10 weeks) \$645.00
CPAC West (Mon.) (9 weeks) \$580.50
Invitational 2-hour Class (10 weeks) \$735.00

*No class on Labor Day, September 4, 2023.

Session 2: October 23, 2023 - January 14, 2024

CPAC East/CPAC West (10 weeks) \$645.00
CPAC East/West (Thu.) (9 weeks) \$580.50
Invitational 2-hour Class (10 weeks) \$735.00

*No class on Thanksgiving, November 23, 2023.

*No class Sat, December 23, 2023 thru Fri, January 5, 2024. Classes resume Sat, January 6, 2024.

Session 3: January 15, 2024 - March 24, 2024

CPAC East/CPAC West (10 weeks) \$645.00
Invitational 2-hour Class (10 weeks) \$735.00

*No class Monday, March 25 - Sunday March 31, 2024.

Session 4: April 1, 2024 - June 9, 2024

CPAC East/CPAC West (10 weeks) \$645.00
CPAC West (Mon.) (9 weeks) \$580.50
Invitational 2-hour Class (10 weeks) \$735.00

*No class Memorial Day, May 27, 2024.



T A P

TAP (Tennis Advancement Program)

Action-oriented drills to improve competitive skills for team and tournament play. 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	4:00-6:00 PM	CPAC East
Tuesdays	4:00-6:00 PM	CPAC East
Wednesdays	4:00-6:00 PM	CPAC East
Thursdays	4:00-6:00 PM	CPAC East
Fridays	4:00-6:00 PM	CPAC East
Sundays	12:00-2:00 PM	CPAC East
Sundays: Match Play	5:30-7:00 PM	CPAC East
(See Page 10 for Match Play Pricing)		
Mondays	5:00-7:00 PM	CPAC West
Thursdays	5:00-7:00 PM	CPAC West
Saturdays	2:00-4:00 PM	CPAC West
Sundays	12:00-2:00 PM	CPAC West

For Academy level classes, see page 9

Session Details for Tennis Advancement Program

Session 1: August 14, 2023 - October 22, 2023

CPAC East/CPAC West (10 weeks) \$860.00
CPAC East/CPAC West (Mon.) (9 weeks) \$774.00

*No class on Labor Day, September 4, 2023.

Session 2: October 23, 2023 - January 14, 2024

CPAC East/CPAC West (10 weeks) \$860.00
CPAC East/CPAC West (Thu.) (9 weeks) \$774.00

*No class on Thanksgiving, November 23, 2023.

*No class Sat, December 23, 2023 thru Fri, January 5, 2024. Classes resume Sat, January 6, 2024.

Session 3: January 15, 2024 - March 24, 2024

CPAC East/CPAC West (10 weeks) \$860.00

*No class Monday, March 25 - Sunday March 31, 2024.

Session 4: April 1, 2024 - June 9, 2024

CPAC East/CPAC West (10 weeks) \$860.00
CPAC East/CPAC West (Mon.) (9 weeks) \$774.00

*No class Memorial Day, May 27, 2024.

SUPER EXCELLENCE

Super Excellence

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	8:00-10:00 PM	CPAC East
Tuesdays	6:00-8:00 PM	CPAC East
Tuesdays	7:00-9:00 PM	CPAC East
Tuesdays	8:00-10:00 PM	CPAC East
Wednesdays	6:30-8:30 PM	CPAC East
Wednesdays	8:00-10:00 PM	CPAC East
Thursdays	7:30-9:30 PM	CPAC East
Thursdays	8:00-10:00 PM	CPAC East
Sundays	12:00-2:00 PM	CPAC East
Sundays	2:00-4:00 PM	CPAC East
Sundays: Match Play	7:00-9:00 PM	CPAC East
(See Page 10 for Match Play Pricing)		
Mondays	7:00-9:00 PM	CPAC West
Wednesdays	6:00-8:00 PM	CPAC West
Thursdays	6:00-8:00 PM	CPAC West
Thursdays	7:00-9:00 PM	CPAC West
Saturdays	12:00-2:00 PM	CPAC West
Saturdays	2:00-4:00 PM	CPAC West

Session Details for Super Excellence

Session 1: August 14, 2023 - October 22, 2023

CPAC East/CPAC West (10 weeks) \$860.00
CPAC East/CPAC West (Mon.) (9 weeks) \$774.00

*No class on Labor Day, September 4, 2023.

Session 2: October 23, 2023 - January 14, 2024

CPAC East/CPAC West (10 weeks) \$860.00
CPAC East/CPAC West (Thu.) (9 weeks) \$774.00

*No class on Thanksgiving, November 23, 2023.

*No class Sat, December 23, 2023 thru Fri, January 5, 2024. Classes resume Sat, January 6, 2024.

Session 3: January 15, 2024 - March 24, 2024

CPAC East/CPAC West (10 weeks) \$860.00

*No class Monday, March 25 - Sunday March 31, 2024.

Session 4: April 1, 2024 - June 9, 2024

CPAC East/CPAC West (10 weeks) \$860.00
CPAC East/CPAC West (Mon.) (9 weeks) \$774.00

*No class Memorial Day, May 27, 2024.

HIGH PERFORMANCE

High Performance

Invitation-only program for CPAC's top USTA tournament players. All players must have competed 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. **HP 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	6:00-8:00 PM	CPAC East
Wednesdays	6:00-8:00 PM	CPAC East
Thursdays	4:00-6:00 PM	CPAC East
Thursdays	6:00-8:00 PM	CPAC East
Sundays: Match Play	7:00-9:00 PM	CPAC East
(See Page 10 for Match Play Pricing)		
Tuesdays	6:00-8:00 PM	CPAC West
Wednesdays	6:00-8:00 PM	CPAC West

Session Details for High Performance

Session 1: August 14, 2023 - October 22, 2023

CPAC East/CPAC West (10 weeks) \$900.00

CPAC East (Mon.) (9 weeks) \$810.00

*No class on Labor Day, September 4, 2023.

Session 2: October 23, 2023 - January 14, 2024

CPAC East/CPAC West (10 weeks) \$900.00

CPAC East (Thu.) (9 weeks) \$810.00

*No class on Thanksgiving, November 23, 2023.

*No class Sat, December 23, 2023 thru Fri, January 5, 2024. Classes resume Sat, January 6, 2024.

Session 3: January 15, 2024 - March 24, 2024

CPAC East/CPAC West (10 weeks) \$900.00

*No class Monday, March 25 - Sunday March 31, 2024.

Session 4: April 1, 2024 - June 9, 2024

CPAC East/CPAC West (10 weeks) \$900.00

CPAC East (Mon.) (9 weeks) \$810.00

*No class Memorial Day, May 27, 2024.



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 **Blake Bazarnik (BlakeB@cpacweb.com)** for more details.

Orange Ball Academy

Pricing

Weekday	Time	Location	
Mondays	6:00-7:30 PM	QS Center	\$615.00 (10 weeks)
Tuesdays	6:00-7:30 PM	QS Center	\$553.50 (9 weeks)
Thursdays	6:00-7:30 PM	QS Center	
Fridays	5:00-6:30 PM	QS Center	

Green Ball Academy

Pricing

Weekday	Time	Location	
Mondays	4:30-6:00 PM	CPAC East	\$645.00 (10 weeks)
Tuesdays	4:30-6:00 PM	CPAC West	\$580.95 (9 weeks)
Fridays	4:00-5:30 PM	CPAC East	
Sundays	1:00-2:30 PM	CPAC West	

U12 Academy

Pricing

Weekday	Time	Location	
Mondays	6:00-8:00 PM	CPAC East	\$860.00 (10 weeks)
Tuesdays	6:00-8:00 PM	CPAC West	\$774.00 (9 weeks)
Thursdays	6:00-8:00 PM	CPAC East	



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 other North Shore Tennis Clubs! We will play both singles and doubles against clubs like North Shore Racquet Club, and many others.

Cost: \$52.00

Dates: Every Friday 7:00-8:30 PM

Contact: **Jean Erasmus (JeanE@cpacweb.com) or 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 play will be utilized. Results will determine your position on the CPAC Junior Ladder.

Cost: \$52.00

Dates: August 14, 2023 - June 9, 2024 (40 total weeks)

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

Contact: **Jean Erasmus (JeanE@cpacweb.com)**



WTN - World Tennis Number



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 age, gender, or level of play. It is based on a 40-1 scale, with 40 being a beginner player and 1 being an elite professional. For example,

Novak Djokovic would have a rating of 1. The WTN is based on match-result driven data received from the USTA (such as results from a specific tournament). The WTN will be used in selection criteria for further USTA tournaments. CPAC hosts a variety of different USTA tournaments.

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

High School Team Tennis

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: \$52.00
 Dates: Boys League - September 2023 - February 2024
 Girls League - January 2024-June 2024
 Time: Saturdays, 6:00-8:00 PM
 Contact: **Kevin Lai (KevinL@cpacweb.com)**
Matt Kacyn (MattK@cpacweb.com)



Holiday Camps

Over Winter Break (Dec 26 - Jan 5, 2024) and Spring Break (March 25 - March 29, 2024), CPAC offers Tennis Camps for all ages and levels. For more information please contact **Kevin Lai (KevinL@cpacweb.com)** or 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.

ADULT PROGRAMS

College Park offers a wide range of programs for men and women at all levels. To learn more about these programs please contact Mark Roberts for a complimentary evaluation (**MarkR@cpacweb.com**). The following are "weekly sign-up" drills:

Early Bird Drills - Men/Women 4.0 & Above

Tuesdays 6:30-8:00 AM
 Thursdays 6:30-8:00 AM

Starts: August 15, 2023
 Cost: \$42.50

*No drill Thanksgiving, November 23, 2023

4.0-4.5+ Drill/Play - Men

(1 hour drill, 30 minutes play)
 Tuesdays 8:00-9:30 PM

Starts: August 15, 2023
 Cost: \$54.00

3.5-4.0+ Drill/Play - Men

(1 hour drill, 30 minutes play)
 Mondays 8:00-9:30 PM
 Saturdays 7:30-9:00 AM
 Sundays 7:30-9:00 AM

Starts: August 14, 2023
 Cost: \$54.00

*No drill Labor Day, September 4, 2023

4.5+ Open Drill/Play - Men

(1 hour drill, 30 minutes play)
 Wednesday 8:00-9:30 PM

Starts: August 16, 2023
 Cost: \$54.00

Cardio Tennis

High-intensity cardio drill with live point play.
 Mondays 9:00-10:30 AM CPAC East (3.0-4.0)
 Tuesdays 9:30-11:00 AM CPAC West (3.0-4.0)
 Wednesdays 9:00-10:30 AM CPAC West (3.0-4.0)
 Thursdays 9:30-11:00 AM* CPAC East (4.5+)
 Fridays 9:00-10:30 AM CPAC West (3.0-4.0)

Starts: August 14, 2023
 Cost: Members: \$42.00
 Non-Members \$45.00

*No drill Labor Day, September 4, 2023

*Level requirement of 4.0 or higher

*No drill Thanksgiving, November 23, 2023

Lunch Time Drill

High-intensity drill with live point-play.
 Tuesdays 1:00-2:30 PM CPAC East (4.0-4.5)
 Thursdays 12:00-1:30 PM* CPAC East (4.0-4.5)
 Fridays 1:00-2:30 PM CPAC East (4.0-4.5)

Starts: August 15 2023
 Cost: \$53.00

*No drill Thanksgiving, November 23, 2023

College Practice Drill

Wednesdays 9:30-11:00 AM

Starts: August 16, 2023
 Cost: \$46.50

MEN'S PROGRAMS



Men's Travel Teams

Men's 3.5 CITA Team

Mondays 8:00-9:30 PM, 10:00-12:00 PM

**Drills and Matches are held on alternate weeks.*

Cost: Drills \$68.00
Matches \$42.00

Location: CPAC East

Starts: August 14, 2023

Contact: **Rich Koukol (RichK@cpacweb.com)**
Mark Roberts (MarkR@cpacweb.com)

Men's 4.0 CITA Team

Tuesdays Drill: 8:00 - 9:00 PM

Saturdays 12:00-2:00 PM or 2:00-4:00 PM

**Drills and Matches are held on alternate weeks.*

Cost: Drills (12-2pm) \$68.00
Matches \$42.00

Location: CPAC East

Starts: August 15, 2023

Contact: **John Park (JohnP@cpacweb.com)**

Men's 4.5 CITA Team

Wednesdays 8:00-9:30 PM

**Drills and Matches are held on alternate weeks.*

Cost: Drills \$68.00
Matches \$42.00

Location: CPAC East

Starts: August 16, 2023

Contact: **Frank Chen (FrankC@cpacweb.com)**

Men's Open CITA Team

Saturdays 12:00-2:00 PM

**Drills and Matches are held on alternate weeks.*

Cost: Drills \$68.00
Matches \$42.00

Location: CPAC East

Starts: August 19, 2023

Contact: **Frank Chen (FrankC@cpacweb.com)**

Men's 4.0 CITA Singles Team

Sundays 7:30-9:00 AM

Cost: \$41.50

Location: CPAC East

Starts: August 20, 2023

Contact: **Rich Koukol (RichK@cpacweb.com)**

WOMEN'S PROGRAMS



Women's Programs

For more information on women's program and a complimentary evaluation, contact **Mark Roberts (MarkR@cpacweb.com)** or 847-948-5330

Beginner Drills

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

Monday	1:00-2:30 PM
Tuesday	10:30-12:00 PM
Friday	9:00-10:30 AM

Session 1: August 14, 2023 - October 22, 2023

Mondays (9 wks.)	\$418.50 (CPAC members)	\$490.50 (non-members)
Tue/Fri (10 wks.)	\$465.00 (CPAC members)	\$545.00 (non-members)

**No class on Labor Day, September 4, 2023.*

Session 2: October 23, 2023 - January 14, 2024

Mon/Tue/Fri (10 wks.)	\$465.00 (CPAC members)	\$545.00 (non-members)
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**No class Sat, December 23, 2023 thru Fri, January 5, 2024. Classes resume Sat, January 6, 2024.*

Session 3: January 15, 2024 - March 24, 2024

Mon/Tue/Fri (10 wks.)	\$465.00 (CPAC members)	\$545.00 (non-members)
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**No class Mon, March 25 - Fri, March 29, 2024. Classes resume Sat, March 30, 2024.*

Session 4: April 1, 2024 - June 9, 2024

Mondays (9 wks.)	\$418.50 (CPAC members)	\$490.50 (non-members)
Tue/Fri (10 wks.)	\$465.00 (CPAC members)	\$545.00 (non-members)

**No class Memorial Day, May 27, 2024.*

WOMEN'S PROGRAMS

Women's Super Doubles

Tuesdays 12:00 – 2:00 PM (3.0 USTA & up)
 Wednesdays 11:00 – 1:00 PM (4.0 USTA & up)

Starts: September 5, 2023
 Cost: Members \$28.00
 Non-members \$32.00

Contact: Donna Marks (DonnaM@cpacweb.com) (Tues)
 Kauri McKendry - 847-456-6529 (Wed)

Location: CPAC East



Women's Travel Teams and Drills

Women's 3.0 CITA Team

Matches: Thursday 11:00-1:00 PM \$42.00
 Drills: Monday 11:00-12:30 PM
 Wednesday 9:30-11:00 AM
 *Wednesday drill is at CPAC West

Captain: Donna Marks (DonnaM@cpacweb.com)
 Starts: August 14, 2023

Women's 4.0 CITA Teams - CPAC WEST

Matches: Wednesday 10:00-12:00 PM \$42.00
 Drills: Thursdays 9:30-11:00 AM
 Captain: Donna Marks (DonnaM@cpacweb.com)
 Starts: August 16, 2023
 *Drills & matches will be held on alternating weeks.

Women's 3.5 CITA Team

Matches: Wednesday 10:00-12:00 PM \$42.00
 Drills: Monday 11:00-12:30 PM
 *Wednesday match is at CPAC West
 *Thursday drill is at CPAC West

Captain: Donna Marks (DonnaM@cpacweb.com)
 Starts: August 14, 2023

Women's 4.0 CITA Teams - CPAC EAST

Matches: Friday 10:00-12:00 PM \$42.00
 Drills: Tuesday 9:00-10:30 AM
 Captain: Donna Marks (DonnaM@cpacweb.com)
 Starts: August 15, 2023
 *Team will play 4.0 Red North Central, and 4.5 Green Northwest on alternating weeks.

Women's 4.0 CITA Team

Matches: Wednesday 1:00-3:00 PM \$42.00
 Drills: Monday 9:00-10:30 AM
 *Monday drill is at CPAC East

Captain: Mark Roberts (MarkR@cpacweb.com)
 Starts: August 14, 2023

Women's 4.5 CITA Team

Matches: Friday 10:00-12:00 PM \$42.00
 Drills: Monday 10:30-12:30 PM
 Captain: Rachael White (RachaelW@cpacweb.com)
 Starts: August 14, 2023
 *Matches are every week.

Women's Open CITA Team

Matches: Friday (NC/NW) 10:30-12:30 PM \$42.00
 Drills: Tuesday 9:00-11:00 AM
 Captain: Rachael White (RachaelW@cpacweb.com)
 Starts: August 15, 2023
 *North Central/Northwest play every other week.
 **Contact Team captain for drill package information.

TENNIS STAFF

College Park Tennis Staff

Private tennis lessons are available to CPAC members. For assistance in getting set up with a pro, contact Blake Bazarnik (BlakeB@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.**

Kevin Aquino – KevinA@cpacweb.com

Kevin is originally from Staten Island, NY. Played tennis at NCAA D I Saint Joseph's University from 2008-2010 and nationally ranked NCAA DIII University of Mary Washington from 2010-2012. Has been teaching tennis professionally in the Chicago area since 2013.

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.

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. CPAC Junior Tennis Director.

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 is helping to launch Pickle Haus Algonquin as its first Pickleball Director.

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.

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.

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.

TENNIS STAFF

Patti Jilek – PattiJ@cpacweb.com

USPTR certified tennis professional. Over 20 years of experience teaching adults and children at numerous tennis clubs on the North Shore.

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.

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.

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.

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.

Corky Leighton – CorkyL@cpacweb.com

50 years teaching experience. 3rd generation teaching professional. Former Head Pro and Director of Tennis at several tennis clubs. Head Boy's Varsity Tennis Coach at Lake Forest HS.

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.

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.

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. Work with aspiring hs 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 DI college player. 22 years coaching/directing experience with all levels including professional, DI 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.

Chris Thomas – ChrisT@cpacweb.com

Played HS tennis at New Trier and DI 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.

TENNIS STAFF

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).

Jeff VanDixhorn – Jeff@cpacweb.com

27 years teaching experience with players of all ages. Former #1 player at Wheaton College. Two-time NCAA division III National Qualifier. Managing Partner of College Park Athletic Club and Four Lakes Athletic Club.

Karyn Weiss – KarynG@cpacweb.com

Former collegiate athlete at Oklahoma State University. WTA ranking of 870. Head CPAC Racquet Stringer.

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.

FITNESS STAFF:

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 Condition from Concordia University. Has been coaching and training professionals, collegiate, and youth athletes for over 8 yrs.

Nathan Ku- NathanK@cpacweb.com

Graduate of University of Illinois at Urbana-Champaign. Grew up playing basketball and volleyball throughout high school and have a love for sports and fitness. He recently picked up running and have been training for a half-marathon and future full marathon. He understands the importance of strength training and areas of sports and fitness, especially from a young age.

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.

Brett Robinson - BrettR@cpacweb.com

Collegiate soccer player from Trinity International University and professional Ultimate Frisbee player. Has been part of the CPAC team for over 3 years, currently a personal trainer.

Gail Thomas- GailT@cpacweb.com

MS, UW- LaCrosse, Cardiac Rehab/Adult Fitness, BS. WIU, Dietetics. Her career includes the Shape Up Chicago TV Show, establishing herself as one of the Chicago Tribune's Top 3 Fitness Instructors, and building an impressive clientele of celebrities and politicians in both NYC and Chicago. She is an exercise physiologist who keeps up with exercise science research and trends.

Alex Yap- AlexY@cpacweb.com

Former collegiate tennis player with a bachelor's degree in athletic training. Certified Clinical Massage Therapist here to help athletes peak their performance. Avid Crossfit athlete.

TRAINING AT CPAC

Youth Fitness Options

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.

Adult Fitness Options

Adult Athlete

Don't let time slow you down; continue being an athlete! This class uses a variety of equipment, weight training, plyometrics, and conditioning to get you moving better, feeling better, and looking better.

Multiple membership options are available. Contact **Corbin Gaines** (CorbinG@cpacweb.com) for more information.

Personal 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.

For more information please contact **Corbin Gaines** (CorbinG@cpacweb.com).

Proteus Motion

Introducing a revolutionary new way to evaluate performance and athletic potential, CPAC is the first club of its kind to offer the Proteus System. Using 3D Resistance, the Proteus is the first-ever solution that provides objective metrics in power, imbalances, explosiveness, and range of motion. Assessments are available for Personal Training clients, and included for all Junior Tennis Members.

For information on packages for individuals or teams, contact **Corbin Gaines** (CorbinG@cpacweb.com).



TRAINING AT CPAC

Muscle Activation Technique (MAT)

A non-invasive treatment that 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 increasing 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 is: 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).



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 14, 2023 - June 8, 2024 Class Schedule

Students can attend up to 2 classes/week based on belt level. Online Advanced Training excluded from regular classes. **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).

Weekday	Time	Age	Level
Mondays/Wednesdays	3:30-4:00 PM	4-6yrs	White-Orange
Mondays/Wednesdays	4:00-4:45 PM	6-12yrs	White Yellow
Mondays/Wednesdays	4:45-5:30 PM	6-12yrs	Orange-Green
Mondays/Wednesdays	5:30-6:15 PM	6-12yrs	Purple-Blue
Mondays/Wednesdays	6:15-7:00 PM	Teens	
Tuesdays/Thursdays	4:00-4:45 PM	6-12yrs	Blue-Brown
Tuesdays/Thursdays	4:45-5:30 PM	6-12yrs	Red-Deputy
Tuesdays/Thursdays	5:30-6:15 PM	6-12yrs	Deputy-Black
Fridays	6:30-7:30 PM	Online Class (Invite Only)	
Saturdays	8:30-9:00 AM	4-6yrs	White-Orange
Saturdays	9:00-9:40 AM	6-12yrs	White-Yellow
Saturdays	9:40-10:20 AM	6-12yrs	Orange-Purple



Adult classes offered as well. Contact Master Roman for more information.

Master Roman Ogortsov - RomanO@cpacweb.com.

PICKLEBALL



Want to join the fastest growing sport in the US? Pickleball is an accessible sport for players of all ages that uses paddles and a plastic ball on a small court. A game born in the 1970s to entertain bored kids on summer vacation, pickleball combines the elements of tennis, badminton, and ping pong. New players can pick up a paddle and be playing within minutes, yet even the most accomplished tennis players have room to grow and learn. CPAC West accommodates 6 pickleball courts where we host programs and play for all levels.

Court Reservations may be available on a seasonal basis. In addition to courts at CPAC West, there is a single court available for reservation at CPAC East. Permanent Court times are available for the full season (10/2/23-5/26/24).

Call 847-948-5330 to reserve. Hourly reservation is \$48 per court. For more information about pickleball at CPAC, contact **Lawson Barter (LawsonB@cpacweb.com)** or at **(847) 863-3120**.

Open Play

Open play starts, August 14, 2023 at CPAC West

Monday/Wednesday/Friday	9:00-10:30 AM (2.0-3.5)	Cost: \$18.00
Monday/Wednesday/Friday	9:00-10:30 AM (4.0+)	Cost: \$18.00

Mixed League (CPAC West)

Session 1: September 19, 2023 - November 16, 2023 (9 weeks)

Session 2: November 28, 2023 - February 15, 2024 (9 weeks)

Session 3: February 20, 2024 - April 25, 2024 (9 weeks)

No programming during Winter Break (December 19, 2023 - January 7, 2024)
or during Spring Break (March 25 - March 29, 2024)

3.5-4.0	Mixed League Pickleball	Tuesdays	9:30-11:00 AM	\$210.00 per session
4.5+	Mixed League Pickleball	Thursdays	11:00-12:30 PM	\$210.00 per session

101* (Beg.) Pickleball	Mondays	12:00-1:00 PM	\$90.00/3 week Session
201* (Adv.) Pickleball	Wednesdays	12:00-1:00 PM	\$90.00/3 week Session

***Please contact Lawson Barter (LawsonB@cpacweb.com) to schedule your 3 week session**

PICKLEBALL

Other Pickleball Offerings

Private Lessons are available for all levels with one of our certified instructors.

Group or Family Lessons are a great way to improve your game with an instructor creating game play scenarios and point play to work on specific skills and shots.

Round Robin Play is a fun way to play multiple matches within a short period of time.

Court Reservations may be available on a seasonal basis. In addition to courts at CPAC West, there is a single court available for reservation at CPAC East. Call 847-948-5330 to reserve. Hourly reservation is \$48 per court.

For more information about pickleball at CPAC, contact **Lawson Barter (LawsonB@cpacweb.com)** or at **(847) 863-3120**.

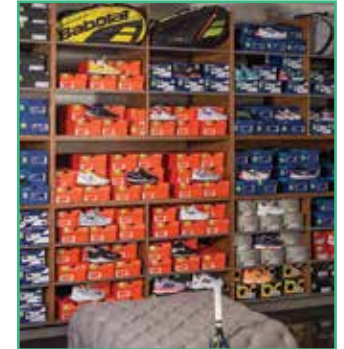


CPAC SERVICES

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.

Ask about our **Buyers' Club**, good for 20% off apparel, shoes and bags all year long for the entire family. As a special bonus, you will receive two 50% off coupons a year. (Discount applies to only one item.) We price match any internet site and have great sales all year long! For inquiries, special orders, or to schedule a personal shopping day contact **Patty Lambropoulos (PattyL@cpacweb.com)**.



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.



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 45, 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?

Generally, all tennis players need to be CPAC members. We also have some limited options for non-members to take lessons at differing rates. To inquire about those options, contact CPAC Membership Director, Mark Roberts (MarkR@cpacweb.com).

AM I CHARGED FOR A PRIVATE TENNIS LESSON THAT I CANCEL?

If a CPAC member requests a permanent, season-long lesson time with a CPAC instructor, that member is obligated to attend and pay for that lesson for the duration of the indoor season. If a one-time lesson is booked, a 24-hour cancellation policy will be enforced.

DO I NEED TO BE A CPAC MEMBER TO WORK WITH A PERSONAL TRAINER?

No, Personal Training is available to non-members of CPAC.

WHAT IS THE BUYERS CLUB?

Join Buyers Club for \$100 to receive discounts for the entire family for an entire year! Our pro shop matches any internet prices. Receive 20% off of regular price, and additional 20% off on sale Shoes, Accessories (not including racquets and stringing). Also, to save you even more money, twice each year you will receive an extra Buyers Club exclusive 50% off coupon!