

# **CPAC**

**SUMMER 2022**

**COLLEGE PARK ATHLETIC CLUB**

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

**847.948.5330**

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# BASKETBALL CAMP

## CPAC Basketball Camp at TIU

Participants in our camps will receive high level coaching from Trinity Basketball Staff, current and former TIU players, as well as other well respected coaches in the area. Our purpose is to teach, train, and equip players to become better basketball players and leaders. Every day we will have individual skill development training, 5 on 5 competition, games that will help reinforce the fundamentals they are learning, and Character Clinics led by our staff.

The day camps are open to boys and girls ages 5-14 years old.

Lunch will be served each day in Hawkins Dining Hall. Food allergies will be catered to as well as social distancing.

Week #1 - June 13-17

Week #2 - June 20-24

Week #3 - June 27 - July 1

Camp Times 9am-4pm: \$400 per week

Sibling Discount: \$25

Referral Discount: \$25

Early Drop off/Late Pick up: \$50 (8:00am Early Drop Off/5:00pm Late Pick up)

**Lunch is included!**

Camp Director: **Blake Bazarnik**

Head Basketball Coach: **Greg Miller**

Please reach out to **Blake Bazarnik**  
with any questions at [blakeb@cpacweb.com](mailto:blakeb@cpacweb.com)



For further information,  
please scan the QR code

# SPORTS CAMP

## CPAC Sports Camp

This is the camp you've been waiting for! Exciting, fun, and knowledge-based! Our full-day camp is designed to instruct boys and girls in individual skills, rules, and fundamentals of multiple sports in a fun environment under the supervision of college coaches and athletes. Campers will be introduced to multiple sports each day including basketball, soccer, baseball/softball and field sports. (Field sports include ultimate frisbee, flag football, etc.)

Week #1 June 6 -10	Week #5 July 5 - 8*
Week #2 June 13 - 17	Week #6 July 11 - 15
Week #3 June 20 - 24	Week #7 July 18 - 22
Week #4 June 27 - July 1	Week #8 July 25 - 29

Camp Times 9am-4pm: \$400 per week (Week #5 \$320)  
Sibling Discount: \$25  
Referral Discount: \$25  
Early Drop off/Late Pick up: \$50 (8:00am Early Drop Off/5:00pm Late Pick up)

**Lunch is included!**

\*No camp Monday, July 4

Camp Director: **Blake Bazarnik**

Please reach out to **Blake Bazarnik**  
with any questions at [blakeb@cpacweb.com](mailto:blakeb@cpacweb.com)



For further information,  
please scan the QR code

# DANCE CAMP

## CPAC Dance Company

CPAC Dance Co. provides quality training for dancers of all skill levels. Group classes range from the ages of 5 years old through adult. Private and semi-private lessons are available.

Develop rhythm, coordination, and flexibility through dance technique while promoting confidence, resilience, and physical fitness. All classes start with a technical warm-up followed by across the floor combinations, and a fun, challenging choreography combination.

Classes have open admission based on capacity and are \$25/class or a full session of 10 classes for \$225

Studio Classes: Ages **5+**

HipHop - Tuesday 5:30

Jazz/Lyrical - Wednesday 5:30

Ballet/ Tap Combo Class- Sunday 10:30

Studio Classes **Teen:**

HipHop- Wednesday 7:30

Jazz - Sunday 11:30

**Adult** Classes:

Tap - Tuesday 6:30

Cardio Choreography- Wednesday 6:30

Hiphop- Tuesday 7:30

Register online at <https://cpacweb.com/dance/>

Email Director **Jessica Gaines** for more information - [jessicag@cpacweb.com](mailto:jessicag@cpacweb.com)

# YOGA

Take some time for yourself and join us in the yoga studio for some relaxation and meditation. Applying the time-tested practices of yoga, breath, and meditation can be a game changer. The problem is that life is demanding and it's hard to find the right class or teacher, or the time, which just makes you feel stuck.

We get it. Life feels crazy but it doesn't mean you can't be at the top of your game. That's why we're offering these yoga classes at CPAC. Sign up today and start taking classes with expert instructors that will assist you finding some inner peace and calm.

Classes have open admission based on capacity and are \$30/class or a full session of 10 classes for \$250.

**Fundamentals:** This is the best class for those new to yoga and anyone interested in reviewing the essential elements of a yoga practice. Class introduces the fundamentals of a yoga practice, breath, proper alignment, and practices to create deeper awareness. This class does not have a flow-based component.

**Vinyasa Flow I:** This class is a great place to start if you're newer to yoga or feel like in good alignment. Some basic physical conditioning is required yet the class will move at a slower pace for those not familiar with names of poses. The teacher will help each student safely develop a foundation of core strength, stamina, and confidence necessary for any level class.

**Vinyasa Flow Yoga I/II:** This is an open formatted class where the teacher will match the class to the needs of the students present. Some yoga experience is recommended, though the instructor will give options in terms of how to approach the various positions practiced. A moderate level of physical conditioning is required.

**Vinyasa Flow II:** An intermediate class for those more experienced practitioners who would like to master the fundamentals. Utilizing the vinyasa form (flowing from one posture into the next, motivated by the breath). Students are expected to know the basic poses and all poses can be modified for all levels. Classes will also include some pranayama and meditation.

Email Director **Jessica Gaines** for more information at [jessicag@cpacweb.com](mailto:jessicag@cpacweb.com)

# TAE KWON DO CAMP

## Tae Kwon Do Camp (Ages 5-14)

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

This morning camp will challenge and benefit even non Tae Kwon Do practitioners with drills, exercises, activities and games in a fun and encouraging environment. This will also develop the techniques and training specific to students particular level in Tae Kwon Do.

For more information please contact **Master Roman Ogortsov** at [romano@cpacweb.com](mailto:romano@cpacweb.com).

Location: CPAC East TKD Studio

Days: Session 1: Monday, Tuesday, Wednesday, Thursday

Session 2: Monday, Tuesday, Wednesday, Thursday

Time: 9:00am - 12:30pm

Dates: Session 1: June 6 - June 30 (4 weeks)\*

**Deadline for Early Registration is May 16**

\*No class Monday, July 4

Session 2: July 5 - July 28 (4 weeks)

**Deadline for Early Registration is June 13**

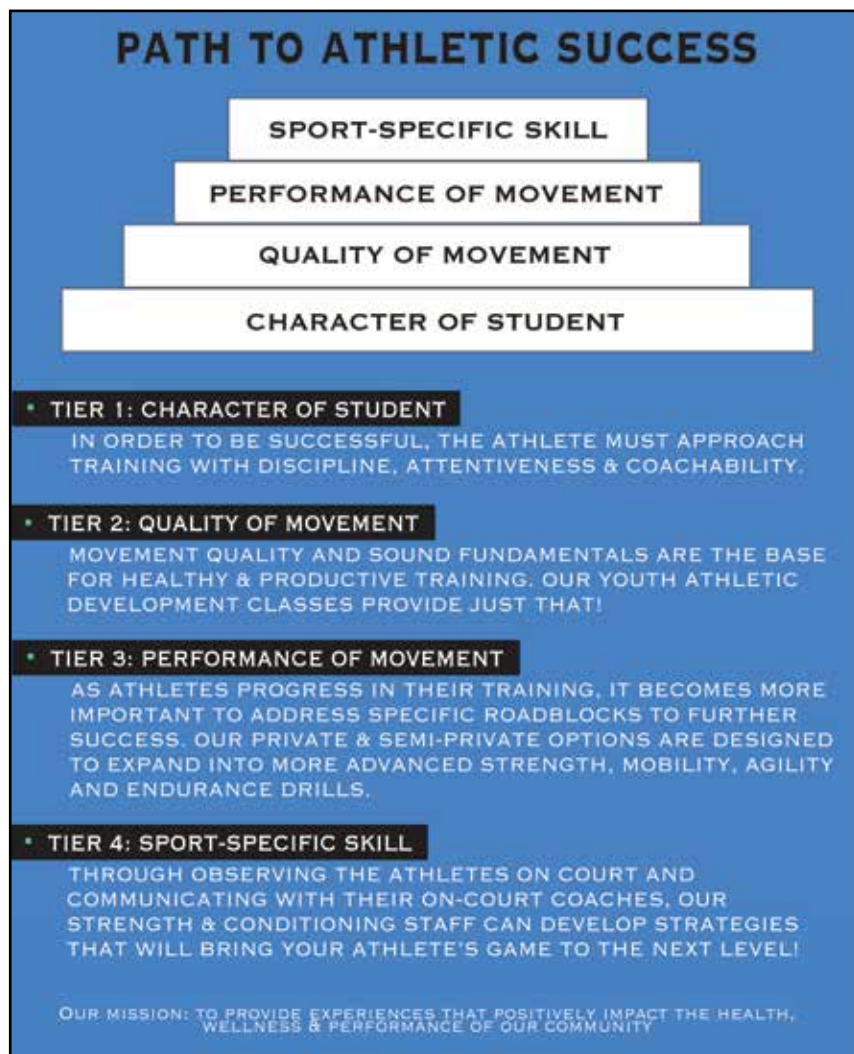
Cost: \$72/ day (early registration)

\$82/ day (regular registration)

# CPAC PERFORMANCE CENTER

## Season Preparation

Champions are made in the off season. Our off season training will give your athletes the power (harder hit tennis balls and better court speed), coordination (better adaptation to the demands of technique), and resilience (greater resistance to injury) that will bring them to the next level.



# CPAC PERFORMANCE CENTER

## Private and Semi-Private Training

Training in a private (1-on-1) or semi-private (1-on-4) setting with our coaches will give your athlete a tailored program that fits their specific needs in development while affording them the opportunity to learn and perform more advanced training techniques.

Please contact Corbin Gaines at [corbing@cpacweb.com](mailto:corbing@cpacweb.com) for more information or to get your athlete started.

## Muscle Activation Technique® (MAT)

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](mailto:laural@cpacweb.com) at [laural@cpacweb.com](mailto:laural@cpacweb.com).

# CPAC PERFORMANCE CENTER

## Adult Athlete

This class is programmed to deliver sound strength and conditioning programming that will keep you on the court and active in life without the chronic aches and pains that often come with aging. It is large group training, but our approach allows our coaches to tailor the program to fit your needs and goals.

### Schedule:

Monday, Wednesday, Friday

6:00-7:00am

7:00-8:00am

8:00-9:00am

9:00-10:00am

Tuesday, Thursday, Saturday

9:00-10:00am

10:00-11:00am

### Cost:

CPAC Members - \$149.00/month

Non-members - \$199.00/month

Drop-ins - \$25/class

# TENNIS AT CPAC

## YOUR MATCH FOR SPORTS AND FITNESS IN CHICAGO'S NORTH SUBURBS

Competitive and recreational tennis players alike will find programs to match their skills and goals, with a wide variety of programs for men and women of all levels. All programs are open to members and non-members alike.

## TENNIS FOR FUN, SPORT, AND FITNESS

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.

**We offer basic skills and tournament play coaching for youth and adult players. Check out our classes and camps today!**

# QUICKSTART PROGRAM

## QuickStart Program

QuickStart Tennis is an exciting program designed to promote fun and success for young players by utilizing low compression balls, smaller rackets, and shorter courts. Emphasis is placed on hand-eye coordination, motor skill development, proper stroke technique, tennis footwork patterns, and fitness. We will also discuss teamwork, sportsmanship, and court etiquette.

For registration information please contact **Rachael White** at [rachaelw@cpacweb.com](mailto:rachaelw@cpacweb.com).

**All Day Camp: See Future Stars Program on page 3**

### QuickStart Drills @ CPAC East (Ages 4-9)

Drills will be held at CPAC East. This program is ideal for kids who attend other day camps but want to keep playing tennis over the summer.

One make up class is available per session and must be completed before the end of the session. Please contact Rachael White to schedule in advance.

		Session 1	Session 2
Lil' Hitters: (Ages 4-6)	4:00 - 5:00pm Monday <b>and</b> Wednesday	\$238	\$272
	4:00 - 5:00pm Tuesday <b>and</b> Thursday	\$272	\$272

\*No class Monday, July 4.

		Session 1	Session 2
Grand Slammers: (Ages 7-9)	5:00 - 6:00pm Monday <b>and</b> Wednesday	\$259	\$296
	5:00 - 6:00pm Tuesday <b>and</b> Thursday	\$296	\$296

Dates: Session 1: June 13 - July 8 (4 wks)\*

Session 2: July 11 - Aug 5 (4 wks)

\*No class Monday, July 4.

# JUNIOR DEVELOPMENT PROGRAM

## Junior Development Program (Ages 9-15)

The Junior Development Program is designed for the beginner to intermediate player, with emphasis on stroke development. JDP classes will be taught at CPAC East, as well as through the Lake Forest Recreation Department. (See page 8 for information on LF Rec.)

For registration information please contact **Donna Marks** at [donnam@cpacweb.com](mailto:donnam@cpacweb.com).

**All Day Camp: See Future Stars Program on page 3**

### JDP Drills @ CPAC East

Days/Times:		Session 1	Session 2
4:00pm - 5:00pm (9-11yr olds)	Monday <b>and</b> Wednesday	\$273	\$312
5:00pm - 6:00pm (12 and older)	Monday <b>and</b> Wednesday	\$273	\$312
4:00pm - 5:00pm (9-11yr olds)	Tuesday <b>and</b> Thursday	\$312	\$312
5:00pm - 6:00pm (12 and older)	Tuesday <b>and</b> Thursday	\$312	\$312

Dates: Session 1: June 13 - July 8 (4 wks)\*

Session 2: July 11 - Aug 5 (4 wks)

\*No class Monday, July 4.

# FUTURE STARS PROGRAM

## CPAC Future Stars Day Camp (GS, JDP and Tournament Training)

This all-day camp includes level-specific drills, match play, fitness, and games. Our goal for all players in this camp is to build the right foundation to become future USTA and high school competitors. The afternoon session will include match play and a series of fun games to teach athleticism and fundamentals. Students must be at CPAC East by 9:00am for transportation to the outdoor facility. Pick up will be at 3:30pm at CPAC East. Students should bring their water jug, snack, and lunch.

For more information please contact **Kevin Aquino** at [kevina@cpacweb.com](mailto:kevina@cpacweb.com).

Location: Deerfield High School, CPAC East & West

Days: Monday - Friday

Time: 9:30am - 3:30pm

Schedule: 9:30 - 12:00pm Tennis Drills  
12:00 - 12:45pm Lunch  
12:45 - 1:30pm Agility Training  
1:30 - 2:15pm Tennis Games  
2:15 - 3:30pm Matchplay

Dates: Session 1: June 13 - July 8 (4 wks)\*  
**Deadline for Early Registration is May 9**  
Session 2: July 11 - August 5 (4 wks)  
**Deadline for Early Registration is June 20**  
\*No class Monday, July 4.

Cost: \$106/day (Early Registration)  
\$116/day (Regular Registration)

\* \*Make ups are available. Must be completed during the same week of missed class.

# ELITE CAMP

## Elite Camp

Offered for players currently enrolled in TAP and High Performance. Players will be separated daily according to ability level. These morning sessions will include instructional drills with our pros, matchplay, and group fitness sessions with our strength and conditioning coaches. Students must be at CPAC East by 8:40am for transportation to the outdoor facility.

For more information please contact **Maor Zirkin** at [maorz@cpacweb.com](mailto:maorz@cpacweb.com).

Location: Lake Forest High School (West Campus)  
CPAC East & West

Days: Monday - Friday

Time: 9:00 - 12:30pm

Dates: Session 1: June 13 - July 8 (4 wks)\*  
**Deadline for Early Registration is May 9**  
Session 2: July 11 - August 5 (4 wks)  
**Deadline for Early Registration is June 20**  
\*No class Monday, July 4

Cost: \$92/day (Early Registration)  
\$102/day (Regular Registration)

\* \*Make-ups are available. Must be completed during the same week of missed class.



# HIGH SCHOOL CAMP

## CPAC High School Tennis Camp

This camp is geared towards boys and girls who are preparing to play high school tennis. These sessions will not only focus on singles and doubles strategy but will also incorporate strength & conditioning training to improve stamina and prevent injury. One-way transportation will be provided from CPAC East to the drill location at 2:30 PM each day. (Pick up must be made at the drill location as there will be no transportation available to return to CPAC East).

For more information please contact **Chris Nowak** at [chrisn@cpacweb.com](mailto:chrisn@cpacweb.com).

- Location: CPAC East and Lake Forest West Campus  
Days: Monday - Friday  
Time: 1:30 - 2:15pm Strength & Conditioning (CPAC East)  
2:30 - 4:45pm Drill & Match Play (Lake Forest West Campus)  
Dates: June 13 - August 5 (8 weeks)\*  
Cost: \$86/day (Early Registration)  
**Deadline for Early Registration is Friday of previous week**  
\$96/day (Regular Registration)  
\*No class Monday, July 4

# PRIVATE LESSONS

## Private Lessons

At CPAC, we believe that having a strong foundation of the proper technique and mechanics is the key to reaching your fullest potential in tennis. One of the best ways to build that foundation is by taking private lessons. A private coach is not only a good sparring partner, but also a teacher and mentor on your journey to achieving your tennis goals.

\*Junior players must be enrolled in CPAC Camps in order to take private lessons.

- Contact: **Ben Bicknese** at [benb@cpacweb.com](mailto:benb@cpacweb.com)  
Days/Times: Schedule will vary based on instructor availability  
Cost: Varies based on instructor seniority but generally ranges between \$85/hr and \$120/hr

# L.F. REC DEPARTMENT

## Lake Forest Recreation Department Tennis

CPAC is pleased to run the Lake Forest Recreation Department Tennis Program for the eleventh summer in a row. We are offering both junior and adult programs, as well as private lessons outside at various parks in Lake Forest.

Phone: (847) 234-6700  
Website: [www.LFREC.com](http://www.LFREC.com)

Please reach out with any questions to  
**Blake Bazarnik** at [blakeb@cpacweb.com](mailto:blakeb@cpacweb.com)

# USTA TEAM TENNIS

## USTA Team Tennis:

Teams will be organized according to USTA rating system and entered in the USTA summer league.

For Men's Team information, contact:  
**Mark Roberts** at [markr@cpacweb.com](mailto:markr@cpacweb.com)

For Women's Team information, contact:  
**Donna Marks** at [donnam@cpacweb.com](mailto:donnam@cpacweb.com)

# PICKLEBALL

It's one of the fastest growing sports in the US. Pickleball combines the elements of tennis, badminton, and ping pong. It can be played at any age and skill level and as doubles or singles.

To book the QuickStart court at CPAC East for private play, call 847-948-5330. Cost is \$32 for the court (good for up to four players).

For more information, contact:  
**Ben Bicknese** at [benb@cpacweb.com](mailto:benb@cpacweb.com)

# ADULT TENNIS

## Adult Summer Tennis Program

The outdoor season runs from May 9th - August 14th.

### CPAC Women's Drills

Drills will be organized based on level. For more information please contact **Mark Roberts** at [markr@cpacweb.com](mailto:markr@cpacweb.com).

Open Level:	Tuesday	Friday
Time:	9:00 - 10:30am	9:00 - 10:30am
Location:	CPAC East	CPAC East
Cost:	\$50.00	\$50.00
4.5 Level:	Monday	Friday
Time:	9:00 - 10:30am	9:00 - 10:30am
Location:	CPAC East	CPAC East
Cost:	\$50.00	\$50.00
4.0 Level:	Monday	
Time:	10:30 - 12:00pm	
Location:	CPAC East	
Cost:	\$50.00	
3.5 Level:	Wednesday	
Time:	12:30 - 2:00pm	
Location:	CPAC West	
Cost:	\$50.00	
3.0 Level:	Wednesday	
Time:	9:00 - 10:30am	
Location:	CPAC West	
Cost:	\$50.00	
Mixed Drill (3.0 and up):	Saturday	
Time:	7:30 - 9:00am	
Location:	CPAC East	
Cost:	\$50.00	

### Cardio Tennis (3.0 and up)

Tired of the boring treadmill workout? Burn calories while hitting balls on the tennis court and listening to your favorite upbeat music! For more information please contact **Mark Roberts** at [markr@cpacweb.com](mailto:markr@cpacweb.com).

Tuesday	11:30am - 12:30pm	CPAC East
Wednesday	11:30am - 12:30pm	CPAC East
Friday	11:30am - 12:30pm	CPAC East
Cost:	\$26 (members)    \$28 (non-members)	

# ADULT TENNIS

## CPAC Men's Drills:

Drills will be organized based on level.

### Lunch Time Drill (3.5 - 4.5)

Days:	Tuesday	Thursday	Friday
Time:	1:00-2:30pm	12:00-1:30pm	1:00-2:30pm
Location:	CPAC East	CPAC East	CPAC East
Cost:	\$50.00	\$50.00	\$50.00

For more information please contact **Mark Roberts** at [markr@cpacweb.com](mailto:markr@cpacweb.com)

### Men's Drill and Play:

One hour of high energy drills followed by either singles or doubles matches.

Players will be separated by level.

### Men's 3.5 - Rich Koukol at [richk@cpacweb.com](mailto:richk@cpacweb.com)

Days:	Monday	Saturday	Saturday	Sunday
Time:	6:00 - 7:30pm	7:30 - 9:00am	10:00 - 12:00pm	7:00 - 9:00am
Location:	CPAC East	CPAC East	CPAC East	CPAC East
Cost:	\$50.00	\$50.00	\$64.00	\$64.00

### Men's 4.0 - Mark Roberts at [markr@cpacweb.com](mailto:markr@cpacweb.com)

Days:	Tuesday	Friday	Saturday
Time:	7:00 - 8:30pm	1:00 - 2:30pm	12:00 - 2:00pm
Location:	CPAC East	CPAC West	CPAC East
Cost:	\$50.00	\$50.00	\$64.00

### Men's 4.5 - Frank Chen at [frankc@cpacweb.com](mailto:frankc@cpacweb.com)

Days:	Wednesday	Friday	Saturday
Time:	8:00 - 9:30pm	1:00 - 2:30pm	2:00 - 4:00pm
Location:	CPAC East	CPAC West	CPAC East
Cost:	\$50.00	\$50.00	\$64.00

# DIRECTIONS

## **College Park Athletic Club East:**

**2223 Half Day Road, Bannockburn, Illinois 60015**

From the East: Take Half Day Road west past Waukegan Road (approximately ½ mile). Turn left on Lakeside Drive and proceed to the second building on the right. The parking lot entrance is on the south side of the building.

From the West: Take Half Day Road east past Milwaukee Avenue (Route 21). Continue east past Riverwoods Road and the Tri-state Tollway. Turn right on Lakeside Drive and proceed to the second building on the right. The parking lot entrance is on the south side of the building.

## **College Park Athletic Club West:**

**10 Marriott Drive, Lincolnshire, Illinois 60069**

From the East: Take Half Day Road west to Milwaukee Avenue (Route 21). Turn left on Milwaukee Avenue and left again onto Marriott Drive. Proceed on Marriott Drive to the hotel and follow the signs to the tennis courts.

From the West: Take Half Day Road east to Milwaukee Avenue (Route 21). Turn right onto Milwaukee Avenue and then left onto Marriott Drive. Proceed on Marriott Drive to the hotel and follow the signs to the tennis courts.

## **Lake Forest West Campus:**

**300 S. Waukegan Road, Lake Forest, Illinois 60045**

From CPAC East: Turn right onto Half Day Road. Take Half Day Road to Waukegan Road and turn left. Proceed on Waukegan Road until you reach the intersection of Waukegan Road and Westleigh Road. At the stop light turn left onto Westleigh Road. Follow the road back to the parking lot.

## **Everett Park**

**850 West Summit Ave, Lake Forest, Illinois 60045**

From CPAC East: Turn right on Half Day Road and go East to Telegraph Road. Turn left onto Telegraph Road and go North to Everett School Road. Turn left and proceed to the parking lot on the right side. The tennis courts are located behind the school.

## **Deerfield High School:**

**1959 Waukegan Road, Deerfield, Illinois 60015**

From CPAC East: Turn right onto Half Day Road and go east to Waukegan Road. Then turn right on Waukegan Road. Deerfield High School is one mile down on the left.

**CPAC**

2223 Half Day Road, Bannockburn, Illinois 60015  
(p) 847-948-5330 (f) 847-948-0162  
[www.cpacweb.com](http://www.cpacweb.com)