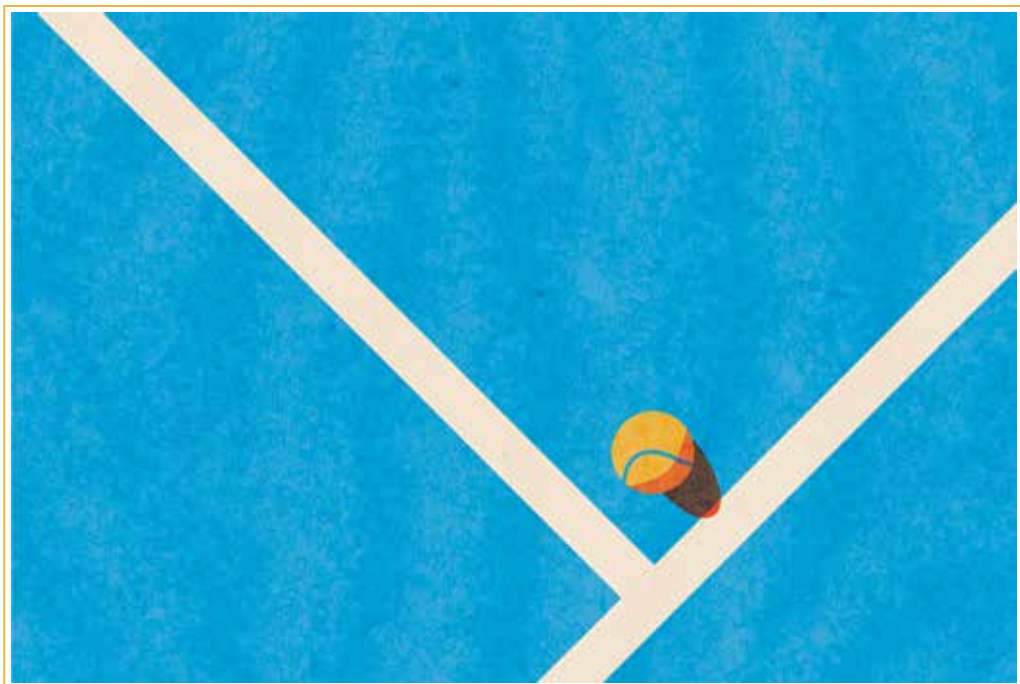


CPAC



Summer Camps

2024

WWW.CPACWEB.COM • 847-948-5330

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CPAC requires either a 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 debit/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.

QUICKSTART PROGRAM

QuickStart Program

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

For registration information please contact **Rachael White** at rachaelw@cpacweb.com.

QuickStart Drills @ CPAC East (Ages 5-9)

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
(Ages 5 - 6)				
Red 1 & 2:	4:00 - 5:00pm	Monday and Wednesday	\$304	\$304
Red 1 & 2:	4:00 - 5:00pm	Tuesday and Thursday	\$266	\$304

			Session 1	Session 2
(Ages 7 - 9)				
Orange 1 & 2:	5:00 - 6:00pm	Monday and Wednesday	\$328	\$328
Orange 1 & 2:	5:00 - 6:00pm	Tuesday and Thursday	\$287	\$328

			Session 1	Session 2
(Ages 6 - 8)				
Orange Ball Academy:	5:00 - 6:30pm	Monday and Wednesday	\$430.50	\$492

Dates: Session 1: June 10 - July 5 (4 wks)*
 Session 2: July 8 - August 2 (4 wks)
 *No class Thursday, July 4.

JUNIOR DEVELOPMENT PROGRAM

Junior Development Program (Ages 8-14)

The Junior Development Program is designed for the beginner to intermediate player, with emphasis on stroke development. JDP classes will be taught at CPAC East.

For registration information please contact **Donna Marks** at donnam@cpacweb.com.

All Day Camp: See Future Stars Program on page 3

JDP Drills @ CPAC East:

Days/Times:		Session 1	Session 2
4:00 - 5:00pm (9-11yr olds)	Monday and Wednesday	\$344	\$344
5:00 - 6:00pm (12 and older)	Monday and Wednesday	\$344	\$344
4:00 - 5:00pm (9-11yr olds)	Tuesday and Thursday	\$301	\$344
5:00 - 6:00pm (12 and older)	Tuesday and Thursday	\$301	\$344

(6-9yr olds)		Session 1	Session 2
Green Ball Academy:			
5:00 - 6:30pm	Monday and Wednesday	\$430.50	\$492

Dates: Session 1: June 10 - July 5 (4 wks)*
 Session 2: July 8 - August 2 (4 wks)
 *No class Thursday, July 4.

FUTURE STARS PROGRAM

CPAC Future Stars Day Camp (JDP and Tournament Training)

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

For more information please contact **Kevin Aquino** at kevina@cpacweb.com.

Location: CPAC East
(CPAC West on rain days)

Days: Monday - Friday

Time: 9:30am - 3:30pm

Schedule:	9:30am - 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 10 - July 5 (4 wks)*
Deadline for Early Registration is May 10
Session 2: July 8 - August 2 (4 wks)
Deadline for Early Registration is June 14
*No class Thursday, July 4.

Cost: \$113/day (Early Registration)
\$123/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, U12, SE, 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. Pick up at outdoor location at 12:20pm or at CPAC East at 12:35pm.

For more information please contact **Chris Thomas** at christ@cpacweb.com.

Location: Lake Forest High School (West Campus)
Deerfield High School for overflow
(CPAC East on rain days)

Days: Monday - Friday

Time: 9:00am - 12:30pm

Dates: Session 1: June 10 - July 5 (4 wks)*
Deadline for Early Registration is May 10
Session 2: July 8 - August 2 (4 wks)
Deadline for Early Registration is June 14
*No class Thursday, July 4

Cost: \$99/day (Early Registration)
\$109/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 toward boys and girls who are preparing to play high school tennis. These sessions will not only focus on singles and doubles strategy but will also incorporate strength & conditioning training to improve stamina and prevent injury. One-way transportation will be provided from CPAC East to the drill location at 2:20 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.

Location: CPAC East and Lake Forest High School (West Campus)
Rain Location - CPAC East
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 10 - August 2 (8 weeks)*
Cost: \$90/day (Early Registration)

Deadline for Early Registration is Friday of previous week
\$100/day (Regular Registration)
*No class Thursday, July 4

High School Girls Doubles

This class is designed for high school girls who played on their high school tennis team in the Fall of 2023 (Sophomores through Seniors). The match-play only sessions will focus on doubles skills and strategies. The sessions will be held on Monday and Thursday evenings at Lake Forest High School - West Campus.

For more information please contact **Gary Thomas** at garyt@cpacweb.com.

Location: Lake Forest High School (West Campus)
Rain Location - CPAC East
Days: Monday and Thursday evenings
Time: 6:00 - 7:30 pm
Dates: June 10 - August 2 (8 weeks)*
Cost: \$60 per evening

Deadline for Early Registration is Friday of previous week
\$70 per evening (Regular Registration)
*No class on Thursday, July 4

HIGH SCHOOL CAMP

High School Girls Mock Tryouts

This end-of-the-summer class is designed for high school girls who want to make sure they are ready for their high school tryouts. It is open to all high school players (incoming Freshmen through Seniors). Prepare for tryouts with CPAC's exclusive "mock tryouts". Our format mirrors the high school coaches' tryout sessions, ensuring you're fully prepared to shine. Limited spaces are available, so don't miss out!

For more information please contact **Gary Thomas** at garyt@cpacweb.com.

Location: Lake Forest High School (West Campus)
Rain Location - CPAC East
Days: Tuesday and Wednesday evening, August 6th and 7th
Time: 6:00 - 8:00 pm
Cost: \$80 (Early Registration deadline is Friday July 27th)
\$90 evening (Regular Registration)

MATCH PLAY

CPAC Summer Match Play (Ages 7+)

We will be running our very own WTN tournament schedule on weekends for all players looking for some match play opportunities. These are offered as a stepping stone to USTA sanctioned tournaments.

The ITF World Tennis Number (WTN) was developed by the International Tennis Federation. The WTN is a global rating system for all players regardless of gender, age or level of play.

WTN is based on a 1-40 scale, with 40 being a beginner player and 1 being professional. The WTN will be used in selection criteria for further USTA tournaments. CPAC hosts a variety of different USTA Tournaments.

Location: TBD
Dates: June 9 - August 17
Cost: \$52 per hour and a half session. Billed through CPAC

PRIVATE LESSONS

Private Lessons

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

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

Contact: **Jean Erasmus** at jeane@cpacweb.com
Days/Times: Schedule will vary based on instructor availability
Cost: Varies based on instructor seniority but generally ranges between \$100/hr and \$140/hr

PICKLEBALL

Pickleball is the fastest growing sport in the US! It is a fun and socially friendly game that is easy for beginners to learn and it can be played at any age and skill level.

Signup Play

Join with other players your level for some friendly competition at CPAC West.

Tuesday 7:00 - 8:30pm (2.5 - 3.5 level)
Thursday 7:00 - 8:30pm (4.0+ level)

Cost: Summer \$10.00/per person

To book the QuickStart court at CPAC East for private play, call 847-948-5330.
Cost is \$48 for the court

For more information or private lessons, contact:
Lawson Barter at lawsonb@cpacweb.com
or call **847 - 863 - 3120**

Registration forms are available at www.cpacweb.com.

ADULT TENNIS

Adult Summer Tennis Program

The outdoor season runs from May 13th - August 11th.

CPAC Women's Drills

Drills will be organized based on level. For more information please contact **Mark Roberts** at markr@cpacweb.com.

Open Level:	Tuesday	Friday
Time:	9:00 - 10:30am	9:00 - 10:30am
Location:	CPAC East	CPAC East
Cost:	\$53.00	\$53.00
4.5 Level:	Monday	Friday
Time:	9:00 - 10:30am	9:00 - 10:30am
Location:	CPAC East	CPAC East
Cost:	\$53.00	\$53.00
4.0 Level:	Monday	
Time:	10:30am - 12:00pm	
Location:	CPAC East	
Cost:	\$53.00	
3.5 - 4.0 Level:	Wednesday	
Time:	10:30am - 12:00pm	
Location:	CPAC East	
Cost:	\$53.00	
Beginner/3.0 Level:	Wednesday	
Time:	9:00 - 10:30am	
Location:	CPAC East	
Cost:	\$53.00	
Mixed Drill (3.0 and up):	Saturday	
Time:	7:30 - 9:00am	
Location:	CPAC East	
Cost:	\$53.00	

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.

Tuesday	11:30am - 1:00pm	CPAC East
Friday	11:30am - 1:00pm	CPAC East
Cost:	\$42	

ADULT TENNIS

NEW! 3.5 Level Ladies Drill - Donna Marks at donnam@cpacweb.com

Round Robin Competitive Play

Days: Thursday
Time: 9:30-11:30am
Location: CPAC East
Cost: \$28

CPAC Men's Drills:

Drills will be organized based on level.

Lunch Time Drill

	4.0	4.0	4.0+
Days:	Tuesday	Thursday	Friday
Time:	1:00-2:30pm	12:00-1:30pm	1:00-2:30pm
Location:	CPAC East	CPAC East	CPAC East
Cost:	\$53.00	\$53.00	\$53.00

For more information please contact **Mark Roberts** at 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

Days:	Monday	Saturday	Saturday	Sunday
Time:	6:00 - 7:30pm	7:30 - 9:00am	10:00 - 12:00pm	7:30 - 9:00am
Location:	CPAC East	CPAC East	CPAC East	CPAC East
Cost:	\$53.00	\$53.00	\$68.00	\$53.00

Men's 4.0 - Mark Roberts at markr@cpacweb.com

Days:	Tuesday	Friday	Saturday
Time:	7:00 - 8:30pm	1:00 - 2:30pm	12:00 - 2:00pm
Location:	CPAC East	CPAC East	CPAC East
Cost:	\$53.00	\$53.00	\$68.00

Men's 4.5 - Frank Chen at frankc@cpacweb.com

Days:	Wednesday	Friday	Saturday
Time:	7:00 - 8:30pm	1:00 - 2:30pm	2:00 - 4:00pm
Location:	CPAC East	CPAC East	CPAC East
Cost:	\$53.00	\$53.00	\$68.00

CPAC TRAINING CENTER

Season Preparation

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

Private and Semi-Private Training

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

Please contact Corbin Gaines at corbing@cpacweb.com for more information or to get your athlete started.

Muscle Activation Technique ® (MAT)

This non-invasive treatment identifies and corrects muscular imbalances that can cause chronic pain and injury. Athletes and exercise enthusiasts of all levels can benefit greatly from MAT. It can help improve strength and performance by optimizing the muscles ability to contract and increase force production. While high intensity training places a lot of demand on the body, MAT can help decrease the damage done to joints and reduce recovery time. No matter what the age, activity level, or issue, Muscle Activation Techniques® can help you achieve a higher quality of life and keep you doing what you love!

For more information contact **Laura Lohrmann** at laural@cpacweb.com.

CPAC TRAINING 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 - Friday
7:00 - 8:00am
9:00 - 10:00am

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

Cost:

CPAC Members - \$149.00/month
Non-members - \$199.00/month
Drop-ins - \$30/class

TAEKWONDO CAMP

TaeKwonDo Camp (Ages 7 +)

We will continue with regularly scheduled classes. Students can attend up to 2 classes/week based on belt level. All make-ups/changes must be approved by Master Mary. Please come to class on time and in full uniform. CPAC TKD reserves the right to change or cancel class(es).

Location: CPAC East TKD Studio

Dates: June 10 - August 17

Weekday	Time	Age	Level
Mondays/Wednesdays	3:30-4:00pm	4-6yrs	White-Orange
Mondays/Wednesdays	4:00-4:45pm	6-12yrs	White Yellow
Mondays/Wednesdays	4:45-5:30pm	6-12yrs	Orange-Green
Mondays/Wednesdays	5:30-6:15pm	6-12yrs	Purple-Blue
Mondays/Wednesdays	6:15-7:00pm	Teens	
Tuesdays/Thursdays	4:00-4:45pm	6-12yrs	Blue-Brown
Tuesdays/Thursdays	4:45-5:30pm	6-12yrs	Red-Deputy
Tuesdays/Thursdays	5:30-6:15pm	6-12yrs	Deputy-Black
Tuesdays/Thursdays	6:15-7:00pm	Teens	
Saturdays	8:30-9:00pm	4-6yrs	White-Orange
Saturdays	9:00-9:40pm	6-12yrs	White-Yellow
Saturdays	9:40-10:20pm	6-12yrs	Orange-Purple

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.



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