

SUMMER CAMPS



2025

CPAC

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 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 more 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	\$320	\$320
Red 1& 2:	4:00 - 5:00pm	Tuesday and Thursday	\$320	\$320
(Ages 7 - 9)			Session 1	Session 2
Orange 1& 2:	5:00 - 6:00pm	Monday and Wednesday	\$344	\$344
Orange 1& 2:	5:00 - 6:00pm	Tuesday and Thursday	\$344	\$344
(Ages 6 - 8)			Session 1	Session 2
Orange Ball Academy:	5:00 - 6:30pm	Monday and Wednesday	\$516	\$516

Dates: Session 1: June 9 - July 3 (4 wks)*
 Session 2: July 7 - August 1 (4 wks)
 *No class Friday, July 4.

Registration forms are available at www.cpacweb.com.

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:

4:00 - 5:00pm (9-11yr olds)	Monday and Wednesday	Session 1	Session 2
5:00 - 6:00pm (12 and older)	Monday and Wednesday	\$360	\$360
		\$360	\$360
4:00 - 5:00pm (9-11yr olds)	Tuesday and Thursday		
5:00 - 6:00pm (12 and older)	Tuesday and Thursday	\$360	\$360
		\$360	\$360

(6-9yr olds)
Green Ball Academy:

5:00 - 6:30pm	Monday and Wednesday	Session 1	Session 2
		\$516	\$516

Dates: Session 1: June 9 - July 3 (4 wks)*
Session 2: July 7 - August 1 (4 wks)

*No class Friday, 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

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 9 - July 3 (4 wks)*
Deadline for Early Registration is May 10
Session 2: July 7 - August 1 (4 wks)
Deadline for Early Registration is June 14
*No class Friday, July 4.

Cost: \$116/day (Early Registration)
\$126/day (Regular Registration)

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

VARSITY TRAINING

Varsity Training

This group emphasizes skill development to prepare players looking to take their tennis to the next level in both singles and doubles. During the camp, we will enhance stroke production, assist on shot selection, decision making, and to be proactive with correct positioning. Strategy and positioning is essential to being a successful doubles and singles player. This camp will give everyone the tools necessary to get ready for their high school season and prepare for USTA tournaments.

For more information please contact **Kevin Lai** at kevinl@cpacweb.com.

Location: Lake Forest High School (West Campus)

Days: Monday - Friday

Time: 9-11:30am

Rain Day Information: CPAC West 9-11:30am

Dates: Session 1: June 9 - July 3 (4 wks)*
Deadline for Early Registration is May 10
Session 2: July 7 - August 1 (4 wks)
Deadline for Early Registration is June 14
*No class Friday, July 4

Cost: \$90/day (Early Registration)
\$100/day (Regular Registration)

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

ELITE CAMP

Elite Camp

Offered for players currently enrolled in Performance and High Performance. Each day players will be separated daily by level. Camp will include instructional drills with our pros, point play, and match play. These will be intense sessions where we are getting the most out of each player. We play a lot of points each day where players will have the opportunity to play with many different players. Students must be at CPAC EAST by 8:10am for transportation to the outdoor facility. Pick up at outdoor location at 11:20am or at CPAC EAST at 11:35am

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

Location: Deerfield High School

Days: Monday - Friday

Time: 8:30-11:30am

Rain Day Information: CPAC West 11:30-2:00pm

Dates: Session 1: June 9 - July 3 (4 wks)*
Deadline for Early Registration is May 10
Session 2: July 7 - August 1 (4 wks)
Deadline for Early Registration is June 14
*No class Friday, 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:	Lake Forest High School (West Campus)
Days/Time:	Monday - Friday 11:30-2:00pm
Rain Day Information:	CPAC West 2:00-4:30pm
Dates:	June 9 - August 1 (8 weeks)*
Cost:	\$90/day (Early Registration) Deadline for Early Registration is Friday of previous week \$100/day (Regular Registration) *No class Friday, 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)
Days:	Monday and Thursday evenings *No class on Friday, July 4
Time:	6:00 - 7:30 pm
Rain Day Information:	CPAC West 2:00-4:30pm
Dates:	June 9 - August 1 (8 weeks)*
Cost:	\$70 per evening

**Players may sign up per evening and must be 48-hours before the class.
Players are charged at the time of sign-up.**

HIGH SCHOOL 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" with our format that mirrors the high school coaches' tryout sessions, ensuring you're fully prepared to shine. Limited spaces are available, so don't miss out!

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

Locations:	Lake Forest High School (West Campus)	CPAC East
Days/Time:	August 6th and 7th 4:00-6:00pm	August 9th and 10th 2:00-4:00pm
Rain Day Information:	CPAC West 2:00-4:30pm	CPAC West 2:00-4:30pm
Cost:	\$90	

You must sign up 48-hours before the class and you may sign up for each tryout session. You will be charged at the time of sign-up.

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 16
Cost:	\$54 per hour and a half session. Billed through CPAC
Register:	Email Jean Erasmus at jeane@cpacweb.com . There will be a weekly email sent with a link to the USTA website to register.

PRIVATE LESSONS

Private Lessons

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

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

Contact: **Jean Erasmus** at jeane@cpacweb.com
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.

Summer Court Reservation Fees: CPAC West - \$16 hour
CPAC East - \$50 hour

To book the QuickStart court at CPAC East for private play, call 847-948-5330. Cost is \$50 for the court.

If you are looking for private lessons, please contact **Lawson Barter** at lawsonb@cpacweb.com or 847-863-3120 and we will set you up with one of our pickleball professionals.

ADULT TENNIS

Adult Summer Tennis Program

The outdoor season runs from May 12th - August 17th.

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:	9:30 - 11:00am	9:30 - 11:00am
Location:	CPAC East	CPAC East
Cost:	\$55.00	\$55.00

4.5 Level:	Monday	Friday
Time:	9:30 - 11:00am	9:30 - 11:00am
Location:	CPAC East	CPAC East
Cost:	\$55.00	\$55.00

4.0 Level:	Monday	Thursday
Time:	11:00-12:30pm	9:30-11:00am
Location:	CPAC East	CPAC East
Cost:	\$55.00	\$55.00

3.5 Level:	Wednesday
Time:	10:30am - 12:00pm
Location:	CPAC East
Cost:	\$55.00

2.5-3.0 Level:	Wednesday
Time:	9:30 - 11:00am
Location:	CPAC East
Cost:	\$55.00

Mixed Drill (3.5 and up):	Saturday	Sunday (4.5 and up)
Time:	7:30 - 9:00am	7:30-9:00am
Location:	CPAC East	CPAC East
Cost:	\$55.00	\$55.00

ADULT TENNIS

CPAC Men's Drills:

Drills will be organized based on level.

For more information please contact **Mark Roberts** at markr@cpacweb.com.

Lunch Time Drill

	4.0	4.0	4.0+
Days:	Tuesday	Thursday	Friday
Time:	1:00-2:30pm	12:00-1:30pm	1:00-2:30pm
Location:	CPAC East	CPAC East	CPAC East
Cost:	\$55.00	\$55.00	\$55.00

Men's Drill and Play:

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

Players will be separated by level.

Men's 3.5 - 4.0 Drills

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

Men's 4.0

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

Men's 4.5

Days:	Wednesday	Friday	Saturday
Time:	7:00 - 8:30pm	1:00 - 2:30pm	2:00 - 4:00pm
Location:	CPAC East	CPAC East	CPAC East
Cost:	\$53.00	\$53.00	\$70.00

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

8:00 - 9:00am

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 4 +)

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

Location: CPAC East TKD Studio

Dates: June 9 - August 1

Weekday	Time	Age	Level
Mondays/Wednesdays	3:30-4:00pm	4-5yrs	White-Orange
Mondays/Wednesdays	4:00-4:45pm	6-10yrs	White Yellow
Mondays/Wednesdays	4:45-5:30pm	7-10yrs	Orange-Green
Mondays/Wednesdays	5:30-6:15pm	8-12yrs	Purple-Blue
Mondays/Wednesdays	6:15-7:00pm	Teens	
Tuesdays/Thursdays	4:00-4:45pm	8-12yrs	Blue-Brown
Tuesdays/Thursdays	4:45-5:30pm	10-12yrs	Red-Deputy
Tuesdays/Thursdays	5:30-6:15pm	12-17yrs	Deputy-Black
Saturdays	8:30-9:00am	4-5yrs	White-Orange
Saturdays	9:00-9:40am	6-10yrs	White-Yellow
Saturdays	9:40-10:20am	7-10yrs	Orange-Green
Saturdays	10:20-11:10am	8-12yrs	Purple-Brown

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 1/2 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
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