

TENNIS



Junior Tennis



Silver Lake Junior Tennis (SLJT) offers year around tennis training for students ages three to eighteen. We offer beginner classes for every age. Aside from our developmental program that covers all ages, we offer a high performance program for ages ten to eighteen where students set their goals towards college tennis and beyond.

With SLJT we prioritize camaraderie, character growth, respect, discipline, and of course fun ahead of winning and losing. We utilize a curriculum that allows students to progress with success at every step of the way. We strive to teach much more than tennis and are proud to offer you a program where our students feel more like a family than opponents. Simultaneously we strive to teach rock solid fundamentals, tactics, mental fortitude, physical fitness, and overall general health.

Questions, please contact Elliot Beam or Yevgeniy Kolomiyets at 425.745.1617



If you are new to Silver Lake’s Junior Tennis program please go to our website www.cacsilverlake.com and go to Tennis and select Junior Tennis and click on SLJT. Please click on the ‘Registration Request’ button after you find the class you are looking to join and fill out our registration form. Current members in our SLJT program may also contact the front desk to enroll their child; you just need to mention the first date of class. By making payment you finalize your spot in the class or camp.

JUNIOR TENNIS CLASS DESCRIPTIONS

YELLOW

The Yellow class is for kid’s ages 3 to 4. We use the Foam and Red transition balls which are the slowest balls and easiest for kids to control. We also play on a smaller court. Games and drills are meant to work on coordination for tennis.

Ages: 3 – 4 (36’ court/Foam & Red balls)

RED

The Red class is for kids ages 5 to 6. We use the Foam and Red transition balls which are the slowest balls and easiest for kids to control. We also play on a smaller court.

Ages: 5 – 6 (36’ court/Foam & Red balls)

ORANGE 1

The Orange class is for kids ages 7 & 8. The kids will begin to transition from the Red Ball to the Orange transition ball, which is faster. We also use a smaller court in this class.

Ages: 7 – 8 (60’ court/orange ball)

ORANGE 2

The Orange 2 class is for ages 7-8. For those kids that demonstrate at an early age the skill and the desire to start tournaments at an early age. This class is by invitation only from either Elliot Beam, Yevgeniy Kolomiyets or Luong Hau.

GREEN 1

The Green class is for ages 9 & 10. In this class we use the Green Dot ball, which is the last of the transition balls and the closest to the traditional ball. We will also transition the kids towards the full court.

Ages: 9 – 10 (Full court/Green Dot ball)

GREEN 2

The Green 2 class is for ages 9 to 12. For those kids that demonstrate at an early age the skill and the desire to start tournaments at an early age. This class is by invitation only from either Elliot Beam, Yevgeniy Kolomiyets or Luong Hau.

PURPLE

The Purple class is for our beginners who are between the ages of 11 to 13. The kids learn the fundamentals of the game on the full court with the traditional ball.

Ages: 11 – 13 (Beg./Adv. Beg.)

BLUE

The Blue class is for kids ages 14 to 18. The kids learn the fundamentals of the game on the full court with the traditional ball.

Ages: 14 – 18 (Beg./Adv. Beg.)

NAVY

The Navy class is meant for those kid’s ages 11 to 18 that can play the game, play high school tennis and/or play USTA league or entry level tournaments. These players generally need to work on skill development, proper footwork and point play.

Ages: 11 – 18 (Int./Adv/USTA Entry Level Tournaments)

SILVER

The Silver class is meant for high level varsity players who need more work in detailed skill development, point play, mental coaching and fitness.

Ages: 11 – 18 (USTA Tournaments)

GOLD/HIGH PERFORMANCE

These players are playing USTA Tournaments. High level players working on detailed skills, point play, mental coaching, fitness and teamwork built inside of a highly competitive yet cooperative environment. Space is limited.

Ages: 11 – 18 (USTA Advanced Level Tournaments)

SPRING SESSION DATES:

Session IV: March 28 – May 1
(No classes April 4-10, no class April 17)
Session V: May 2 – 26 (No classes 5/28 & 5/29)
Session VI: May 31 – June 19 (No classes 5/30, 3 week session)

School Year/Spring Quarter schedule:

YELLOW CLASS

Times: Saturdays, 10 – 10:30am

Fees: \$50 + tax + tax TM/\$60 + tax AM/\$65 + tax NM

RED CLASS

Days: Wednesdays, 6 – 6:45pm

Fees: \$62 + tax TM/\$74 + tax AM/\$79 + tax NM

Days: Saturdays, 10:45 – 11:30am

Fees: \$62 + tax TM/\$74 + tax AM/\$79 + tax NM

ORANGE 1 CLASS

Days: Mondays, 6-7pm

Fees: \$77 + tax TM/\$92 + tax AM/\$98 + tax NM

Days: Wednesdays, 6 – 7pm

Fees: \$77 + tax TM/\$92 + tax AM/ \$98 + tax NM

Days: Saturdays, 11:30am – 12:30pm

Fees: \$77 + tax TM/\$92 + tax AM/ \$98 + tax NM

ORANGE 2 CLASS*

Time: Tuesdays, 5:30 – 7pm

Fees: \$116 + tax TM/\$138 + tax AM/\$148 + tax NM

Days: Saturdays, 1 – 2:30pm

Fees: \$116 + tax TM/\$138 + tax AM/ \$148 + tax NM

*Pros Approval needed

GREEN 1 CLASS

Days: Mondays, 6 – 7pm

Fees: \$77 + tax TM/\$92 + tax AM/\$98 + tax NM

Days: Wednesdays, 6 – 7pm

Fees: \$77 + tax TM/\$92 + tax AM/ \$98 + tax NM

Days: Saturdays, 11:30am – 12:30pm

Fees: \$77 + tax TM/\$92 + tax AM/ \$98 + tax NM

GREEN 2 CLASS*

Days: Tuesdays, 5:30 – 7pm

Fees: \$116 + tax TM/\$138 + tax AM/\$148 + tax NM

Days: Saturdays, 1 – 2:30pm

Fees: \$116 + tax TM/\$138 + tax AM/ \$148 + tax NM

*Pros Approval needed

PURPLE CLASS

Days: Mondays, 5 – 6 pm

Fees: \$77 + tax TM/\$92 + tax AM/\$98 + tax NM

Days: Wednesdays, 5 – 6pm

Fees: \$77 + tax TM/\$92 + tax AM/ \$98 + tax NM

Days: Sundays, 11:30am – 12:30pm

Fees: \$77 + tax TM/\$92 + tax AM/ \$98 + tax NM

BLUE CLASS

Days: Mondays, 5 – 6pm

Fees: \$77 + tax TM/\$92 + tax AM/\$98 + tax NM

Days: Wednesdays, 5 – 6pm

Fees: \$77 + tax TM/\$92 + tax AM/ \$98 + tax NM

Days: Sundays, 11:30am – 12:30pm

Fees: \$77 + tax TM/\$92 + tax AM/ \$98 + tax NM

NAVY CLASS

Days: Mondays, 3:30 – 5pm

Fees: \$116 + tax TM/\$138 + tax AM/\$148 + tax NM

Days: Wednesdays, 3:30 – 5pm

Fees: \$116 + tax TM/\$138 + tax AM/\$148 + tax NM

Days: Sundays, 12:30 – 2pm

Fees: \$116 + tax TM/\$138 + tax AM/\$148 + tax NM

SILVER CLASS*

Days: Tuesdays, 3:30 – 5:30pm

Fees: \$154 + tax TM/\$184 + tax AM/\$196 + tax NM

Days: Thursdays, 3:30 – 5pm

Fees: \$154 + tax TM/\$184 + tax AM/\$196 + tax NM

Days: Sundays, 2:30 – 4pm

Fees: \$116 + tax TM/\$138 + tax AM/\$148 + tax NM

*Pros Approval needed

GOLD/HIGH PERFORMANCE*

Days: Tuesdays, 3:30 – 5:30pm

Fees: \$154 + tax TM/\$184 + tax AM/\$196 + tax NM

Days: Thursdays, 3:30 – 5:30pm

Fees: \$154 + tax TM/\$184 + tax AM/\$196 + tax NM

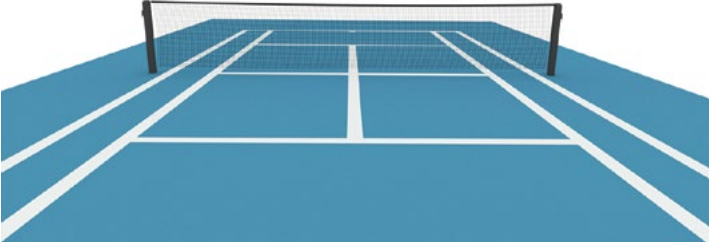
Days: Sundays, 4 – 5:30pm

Fees: \$116 + tax TM/\$138 + tax AM/\$148 + tax NM

*Pros Approval needed

Key: TM = Tennis Member, AM=Athletic Member, NM = Non-member

Tennis continued on next page.



TENNIScontinued

SUMMER QUARTER JUNIOR TENNIS

Summer quarter for our Junior Tennis Program is starting June 20th. We have camps and classes going throughout the summer. Camp details are listed below. If you can't commit to an entire camp we have the SLJT classes running all summer long as well. If you have any questions about our Junior Tennis Program, please contact either Elliot Beam or Yevgeniy Kolomiyets.

CLASSIC SUMMER TENNIS CAMP

CAMP #1: June 20 – 23 (Monday – Thursday)

CAMP #2: June 27 – June 30 (Monday – Thursday)

NO Camp: July 4 – 7

CAMP #3: July 11 – 14 (Monday – Thursday)

CAMP #4: July 18 – 21 (Monday – Thursday, THIS CAMP IS FOCUSED ON AGES 13 – 18)

CAMP #5: July 25 – 28 (Monday – Thursday)

NO Camp: August 1 – 4

CAMP #6: August 8 – 11 (Monday – Thursday)

CAMP #7: August 15 – 18 (Monday – Thursday, THIS CAMP IS FOCUSED ON AGES 13 – 18)

CAMP #8: August 22 – 25 (Monday – Thursday)

CAMP #9: August 29 – September 1 (Monday – Thursday)

Ages: 8 – 18, except for Camps #4 & #7 where its ages 13 – 18

Level: Beginner – Intermediate/High School JV

Time: 11:30am – 3:30pm

Fees: \$235 + tax Tennis Member/\$282 + tax Athletic Member/\$305 + tax- Non-member

Daily Schedule:

11:30am – 12:30pm: Skill Development: Hands on learning:: 6 Primary strokes: groundstrokes, volleys, overhead and serves.

12:30 – 1:30pm: Cooperative team drills to practice new skill. Fun competitive team format.

1:30 – 2pm: Lunch (Bring own lunch and water). We are unsure at this time if our Club café will be open as an alternative.

2 – 3:30pm: Point Play and game based learning. Strategy, mental toughness, and overall match play experience.

Maximum participants: 30 players/5 courts (3 indoor/2 outdoor)

Head Coaches: Elliot Beam and Yevgeniy Kolomiyets

Student/Coach ratio: 6:1

Our philosophy is to create a warm and welcoming environment where camaraderie and team building come first. We work hard and get the most out of our students, all the while having a great time. The more fun the kids have the more motivated they are to learn.

SUMMER SESSION CLASSES

Class Sessions run every 4 weeks (twice a week)

For class descriptions and pyramid please refer to the previous page. All classes are subject to Washington State Sale Tax.

SUMMER SESSION 1: JUNE 27 – JULY 21
(4- week session/8 total classes except for Monday classes- no class July 4th)

SUMMER SESSION 2: JULY 25 – AUGUST 18
(4- week session/8 total classes)

YELLOW

Days: Monday & Wednesday 10 – 10:30am

Fees: \$80 + tax TM/\$96 + tax AM/ \$104 + tax NM

RED

Days: Monday & Wednesday 10:30 – 11:15am

Fees: \$108 + tax TM/\$130 + tax AM/ \$140 + tax NM

ORANGE/GREEN

Days: Tuesday & Thursday 10:30 – 11:30am

Fees: \$130 + tax TM/\$156 + tax AM/ \$169 + tax NM

ORANGE 2/GREEN 2*

Days: Monday & Wednesday 3:30 – 5pm

Fees: \$252 + tax TM/\$302 + tax AM/ \$328 + tax NM

*Pros Approval needed

PURPLE/BLUE

Days: Monday & Wednesday 3:30 – 5pm

Fees: \$252 + tax TM/\$302 + tax AM/ \$328 + tax NM

NAVY/SILVER/GOLD*

Days: Tuesday & Thursday 3:30 – 5pm

Fees: \$252 + tax TM/\$302 + tax AM/ \$328 + tax NM

*Pros Approval needed

Key: TM = Tennis Member, AM=Athletic Member, NM = Non-member

Adult Group Lessons Summer Schedule - starting June 21st

Adult group lessons are designed to develop and improve basic tennis skills and strategies. Each class is tailored to the ability of the participants and will progressively work toward steady improvement in both singles and doubles. Generally, there are six to eight players per class, except for Cardio Tennis, which can accommodate more players. Please contact the instructor directly.

Ability	Time	Instructor
Adult Beginner	Sundays, 11 – 12pm	Dan Lum
Cardio Tennis**	Mondays, 8:45 – 9:45am Thursdays, 8:45 – 9:45am	Mark Bergman Mark Bergman
2.5 Workout	Sundays, 10 – 11am	Dan Lum
3.0 Workout*	Fridays, 8:30 – 10am	Mark Bergman
3.0 Workout	Sundays, 1 – 2pm	Dan Lum
4.0 Workout*	Thursdays, 7 – 8:30pm	Elliot Beam

Group Lesson Rates

Tennis Member Fees:

\$22 + tax per class

*\$30 + tax per class

Athletic Member Fees:

\$26 + tax per class

*\$34 + tax per class

Non-Member Fees:

\$29 + tax per class

*\$37 + tax per class

**Cardio Tennis (per class):

\$20 + tax Tennis Member

\$23 + tax Athletic Member

\$25 + tax Non-member

Columbia - Silver Lake Tennis Professionals



Mark Bergman - Tennis Director

Mark has been the Tennis Director and an Elite USPTA Tennis Professional at Silver Lake for over 20 years. Besides running the Tennis Department, Mark enjoys teaching and developing tennis players of all ages and skill levels. Mark is also owner of Racquet Rehab, the Tennis pro shop located within the club and can help you with your equipment needs. Mark has been active in the PNW Tennis scene serving on various boards over the years. A graduate of Washington State University, he has degrees in Communication-Broadcasting and Recreation/Leisure-Sport Management. Mark also enjoys competing in the PNW Senior Open tournaments when time allows. Outside of work, the whole family enjoys playing tennis, wife Angelica and kids Ben, Hannah and Ashton.
Markb@columbiaathletic.com



Elliot Beam- Tennis Professional/ Director of Junior Tennis

Elliot is born and raised in the Puget Sound. He's a former #1 Junior in the PNW and top 100 in the nation in the 18's. He's been an Elite USPTA certified for 11+ years and has a passion for coaching players of all ages and levels. Elliot has coached 3A State Champs in singles and doubles and Division 1 and 3 players. In his spare time, he enjoys golf, basketball, hiking and watching the Seahawks.
elliottb@columbiaathletic.com



Yevgeniy Kolomiyets- Tennis Professional/Director of Junior Tennis

Yevgeniy Kolomiyets grew up in the NW, starred at Cascade High School, became a certified tennis professional at 18 years old starting with us at CAC - Silver Lake. After being a part-time pro with us he went to work at the Redmond Club where he was involved with their High-Performance Junior Program and also carved out a role as a Strength and Conditioning coach. He moved to Florida, excited to work on his own game as well as work at the NextGen International Academy where he would work with nationally and internationally ranked junior players. At all his stops he worked with adult players as well, helping them improve their tennis games. He has an educational background in mathematics and psychology and is also certified as a personal trainer and corrective exercise specialist by the National Academy of Sports Medicine.
yevk@columbiaathletic.com



Luong Hau- Tennis Professional

Luong is a USPTA Professional. He also coaches Everett High School tennis teams during their seasons. Luong is available on weekends/week nights for Tennis lessons. Luong also leads our Saturday Junior Classes. Before getting his Tennis certification Luong was working in the fitness industry and is also a Trainer in the Fitness Department. His story started in the weight room before it moved onto the tennis court. Although Luong has been around strength training and bodybuilding longer, he would happily admit that his knowledge of both weight training and tennis are equal. Luong enjoys helping a wide range of people, whether it be grandparents or toddlers. He finds that people who are over 40 appreciate his knowledge of injury prevention while attaining strength and mobility; all those under 40 appreciate his diverse knowledge base.
luongh@columbiaathletic.com



Dan Lum- Tennis Professional

Dan has been involved with the Tennis department for quite some time now putting in time as a junior and now as a USPTA Tennis professional. He has the passion and desire to share what he has learned to help young junior players as well as adult beginners move up to the next level. He now teaches juniors and adult beginners on the weekends as a part time Professional.
danl@columbiaathletic.com.

Private/Semi-Private Tennis Lessons

For those who like to learn in a one-on-one or smaller group atmosphere, private and semi-privates are available. All of our pros are USPTA certified. Contact the individual pro directly or contact Tennis Director Mark Bergman for assistance.

Mark Bergman- Tennis Director
markb@columbiaathletic.com

Elliot Beam- Tennis Professional/Dir. Of Junior Tennis
elliottb@columbiaathletic.com

Yevgeniy Kolomiyets- Tennis Professional/Dir. Of Junior Tennis
yevk@columbiaathletic.com

Luong Hau- Tennis Professional
luongh@columbiaathletic.com

Dan Lum- Tennis Professional
danl@columbiaathletic.com

Private/Semi-Private Tennis Lessons Rates			
Lesson type	Tennis Mem.	Athletic Mem.	Non-Mem.
Private (1 hour)	\$80	\$85	\$95
Private (1/2 hour)	\$44	\$47	\$50
2 Person Semi-Private	\$44pp	\$47pp	\$50pp
3 Person Semi-Private	\$32pp	\$34pp	\$37pp
4 Person Semi-Private	\$26pp	\$29pp	\$32pp
All prices above subject to Washington State sales tax.			