

SESSIONS: *Sessions run for 4 weeks

Session 1

~~Week of May 3rd – Week of May 24th~~ *No class on Monday, May 24th – Victoria Day ***CANCELLED***

Session 2

Week of May 31st – Week of June 21st

Session 3

Week of June 28th – Week of July 19th *No class on Thursday July 1st - Canada Day

Session 4

Week of July 26th – Week of August 16th

Session 5

Week of August 23rd – Week of September 13th *No class on Monday, September 6th - Labour day

* No classes run on Statutory Holidays - Fees are pro-rated if a holiday falls in your session

* Clients will be credited the full cost of any lessons cancelled due to inclement weather

GROUP LESSONS:

These structured lessons are to improve the specific levels of players who are interested in learning in a progressive 3 or 4 week session.

All Fees are subject to HST

1.0-1.5 (Beginner 1)

Learn basic tennis footwork, technical fundamentals, and ball controls in order to rally, volley, and serve to get you playing the game quickly.

Monday & Thursday: 5:00pm - 6:00pm / Wednesday: 6:00pm-7:00pm

Session Fee: \$88

2.0-2.5 (Beginner 2)

Learn the technique required to implement singles and doubles tactics in point play.

Monday & Tuesday: 11:00am - 12:00pm / Tuesday & Thursday: 6:00pm-7:00pm

Session Fee: \$88

3.0 (Intermediate)

Improve the consistency of your groundstrokes when forced to move, your ability to attack and to win at the net, and the quality of your first and second serve.

Monday: 6:00pm-7:00pm / Tuesday: 7:00pm - 8:00pm

Friday: 11:00am-12:00pm

Session Fee: \$88

3.5-4.0 (Intermediate)

Improve the quality of defensive, neutral, and offensive skills with smart decision making. Improve ability to exploit opponent's weakness and to apply pressure through taking time away from opponent.

Thursday: 7:00pm-8:00pm

Session Fee: \$88

Doubles Training 3.0-4.0

Doubles positioning, court coverage, communication, and tactics are focused on to improve your doubles play.

Monday & Wednesday: 9:00pm - 10:00pm

Session Fee: \$88

Doubles Training 1.5-2.0

Learn Doubles basic, Introduction to House League Doubles.

Monday, Tuesday & Friday: 10:00am - 11:00am

Session Fee: \$88

SPECIALIZED LESSONS:

4.0-4.5 High Performance Training

This intense training session is for high-level club players who want to improve their performance in competition. Live-ball training is used with integrated point play to apply the trained tactics. High performance training will challenge you physically and mentally.

Monday & Wednesday: 7:00pm-9:00pm

Session Fee: \$160

3.0-4.0 Tennis Specific Movement and Workout

Want a great workout playing the sport you love? This is the class for you! Have fun getting fit while improving your tennis specific movement.

Monday [3.0]: 6:00pm-7:00pm / Thursday [4.0]: 6:00pm-7:00pm

Session Fee: \$80

CLUB SIGN UP CALENDAR:

Shot of the Week (2.5 - 4.0)

Focusing on one shot with specific and frequent feedback and lots of volume to improve the execution of the shot.

Tuesday: 8:00pm-9:00pm

Thursday: 8:00pm - 9:00pm

Sessions Fee: \$22

Training a Pattern of Shots (2.5 - 4.0)

High volume on one pattern with coach providing specific technical tips to implement the pattern.

Tuesday & Friday: 6:00pm-7:00pm

Sessions Fee: \$22

Tactical Singles Training and Point Play (3.0-4.0)

Train the pattern from TPS in a pressure situation, then compete with other players to implement the pattern in point play.

Wednesday [3.0]: 6:00pm-7:00pm

Thursday [4.0]: 8:00pm-9:00pm

Sessions Fee: \$22

Doubles Ladder Program

Great opportunity to get out and improve your doubles play in a fun and competitive environment. A mix of instruction and match play will be used. Beginners are encouraged to try some lessons for a season or two before jumping into this program which is designed for novice and intermediate level players.

- Wednesdays 7-9 pm
- flexible registration: sign up weekly to fit your spring/summer schedule
- \$10/session
- club pros will lead the program and provide some instruction prior to match play and pointers during the matches
- match play format is ladder/king's court style

[Doubles Team Practice: *To be confirmed*]

A combination of drills, point, and match play is used in order to improve positioning, court coverage, serve, return, and shot selection to prepare players for competition.

TEAM 1: Sunday: 10:00am-11:00am

TEAM 2: Sunday: 11:00am-12:00pm

TEAM 3: Sunday: 12:00pm-1:00pm

Session Fee: \$15

***No class on Monday, May 24th - Victoria Day**

***No class on Thursday, July 1st - Canada Day**

***No class on Monday, Aug. 2nd - Civic Holiday**

***No class on Monday, Sept. 6th - Labour day**