



RIDEAU SPORTS CENTRE
CENTRE SPORTIF RIDEAU

MULTI-SPORT • TENNIS • YOGA • RESTAURANT • MASSAGE

Tennis Programs Spring 2018

| Tuesday | Wednesday | Thursday | Sunday |
|---|--|---|---|
| Afterschool Ages: 8-16 6 Weeks Start: Mar. 20 4:00pm-5:00pm OR 5:00pm-6:00pm Cost: \$135 | | Afterschool Ages: 8-16 6 Weeks Start: Mar. 22 4:00pm-5:00pm OR 5:00pm-6:00pm Cost: \$135 | |
| Tennis Fitness Adult Program 6 Weeks Start: Mar. 20 End: Apr. 24 8:00pm-9:00pm Cost: \$160 | Advanced Training Adult Program 6 Weeks Start: Mar. 21 End: Apr. 25 8:00pm-9:00pm Cost: \$195 | Tennis Fitness Adult Program 6 Weeks Start: Mar. 22 End: Apr. 26 8:00pm-9:00pm Cost: \$160 | Round Robin Play Adult Program Contact Nick Patterson 613-203-8816 4:00pm-6:00pm Cost: \$25.00 |
| Group Clinic: Instructional Adult Program 6 Weeks Start: Mar. 20 End: Apr. 24 9:00pm-10:00pm Cost: \$195 | | Group Clinic: Instructional Adult Program 6 Weeks Start: Mar. 22 End: Apr. 26 9:00pm-10:00pm Cost: \$195 | |

Please note program prices do not include HST
Registration deadline March 18th at noon

Group Clinics Instructional and Fitness Tennis:

These coaching sessions will improve your stroke mechanics and fitness level in a fun and friendly environment. The sessions include drills and court movement exercises to increase stamina and accuracy while hitting balls on the run. Players are grouped according to skill level.

Advanced Training and Doubles Skills & Strategy:

Advanced training and Doubles Skills & Strategy is a great way to improve your all-round game. Eight-week sessions of specialized drills and exercises to improve your net play, court positioning and doubles tactics.

Afterschool:

All our Junior programs focus on skill development and encourage a healthy, active lifestyle. They are designed for beginner to competitive players. The group lessons are age-appropriate and aim to introduce children to tennis, improve their strokes with proper technique, and introduce tactics for match play. Players are grouped according to skill level. We have also added new training programs, and a competitive training team for juniors participating in Provincial and National events.