



**RIDEAU SPORTS CENTRE**  
**CENTRE SPORTIF RIDEAU**

**MULTI-SPORT • TENNIS • YOGA • RESTAURANT • MASSAGE**

## **Adult Tennis Programs Summer 2018**

### **Session 1 (May 7 - June 28)**

	<b>Monday</b> May 7 – June 25	<b>Tuesday</b> May 8 – June 26	<b>Wednesday</b> May 9 – June 27	<b>Thursday</b> May 10 – June 28
6:00pm	<b>Cardio Tennis</b> \$199	<b>Happy Hour Tennis</b> \$199	<b>Cardio Tennis</b> \$199	
7:00pm	<b>Stroke of the Week</b> \$199	<b>Group Lesson Beginner</b> \$199	<b>Stroke of the Week</b> \$199	<b>Group Lesson Beginner</b> \$199
8:00pm	<b>Learn to Play</b> \$199	<b>Group Lesson Intermediate</b> \$199	<b>Doubles Thrills and Drills</b> \$299	<b>Group Lesson Intermediate</b> \$199
9:00pm	<b>Group Lesson Intermediate</b> \$199	<b>Group Lesson Advanced</b> \$299	<b>Learn to Play</b> \$199	<b>Group Lesson Advanced</b> \$299

\* All prices subject to HST. Registration deadline May 6<sup>th</sup> at noon. \*

## **Program Descriptions**

### **Happy Hour Tennis**

Everyone's favorite part of a lesson is the last 10 minutes when you compete with other students, now you can play these games for a full hour! King of the Court, Rush and Crush, Beat the Pro and many more! Happy Hour Tennis will make sure you have a good work out while at the same time putting you in fun game situations to work on your skills. This is the perfect class for Intermediate and Advanced players. Level 3.0 and higher.

### **Stroke of The Week**

Some players learn best when the focus of a lesson is one specific shot for the entire hour. Each week a different stroke will be featured and players will participate in drills and games catered to improving one specific shot. The goal is to hit as many balls as possible and improve one stroke at a time! This is the perfect class for any player who has some experience and is looking to improve technique. Intermediate to Advanced Level 2.5 and up. Player to Coach Ratio: 6-1.

Week 1 Forehand  
Week 2 Backhand  
Week 3 Volley/Overhead  
Week 4 Serve

Week 5 Return  
Week 6 Approach Shot  
Week 7 Slice  
Week 8 Pros Choice

## **Learn to Play**

You have to start somewhere! Learn to play is for brand new players who have little to no playing experience. We will start from scratch and learn all the basics! If you've never held a racquet or have only played a handful of times then this is the perfect class for you! Learn to play will be a very informative and friendly introduction to the game perfect for beginners! Level 0-1.5 Player to Coach Ratio: 6-1.

## **Cardio Tennis**

If you are looking for a great workout while improving your tennis skills, then this is the class for you! The class will include a combination of tennis training drills designed to always keep you moving and mixing in the use of skipping ropes, fitness ladders and light hand weights as well as body weight exercises (squats, lunges and pushups) so the student is put through a fast paced 60-minute workout that has the heart rate elevated for the entire class. This class is best suited for players intermediate and above. Level 2.5 or higher. Player to Coach Ratio: 6-1.

## **Doubles Thrills and Drills**

This course is designed for players looking to improve their doubles strategy, positioning, communication and overall understanding of the game. Players will participate in a variety of fast paced drills designed to make them smarter doubles players. The class will cover both the technical and tactical side of doubles in a fun and energetic environment. Once the drills are finished players will participate in doubles match play with expert analysis and advice from the coach watching (and in some cases filming) your games. This course is best suited for intermediate or advanced players. Level 3.0 or higher. Player to Coach Ratio: 4-1.

## **Group Lesson – Beginner**

This course is ideal for entry-level tennis players with minimal experience. The goal is to have players develop proficiency in the five core tennis strokes: Forehand and backhand ground strokes, forehand and backhand volleys and overhead serve. The student will also learn how to score and the rules of the game. Player to Coach Ratio: 6-1.

## **Group Lesson - Intermediate**

This course is designed for tennis players with some experience. We build on the player's base skills by working on placement (cross court and down the line shots), the application of spin on the ball (topspin and under spin) and placement of the overhead serve in the service box. By the end of this course the player should be able to maintain a 10-shot rally and have a reliable serve. Doubles and singles strategy is introduced as well as match play and other fun game situations. Level 2.0 or higher. Player to Coach Ratio: 6-1.

## **Group Lesson – Advanced**

This course is designed for the avid tennis player who wants to bring his/her game to the next level. Shot placement and spin application is worked on as well as specialty shots such as lobs, drop shots, the overhead smash angle shots and much more. Both singles and doubles match play is a big part of the course. This is a course that is designed for players that are playing or have the goal to play in leagues as well as club and NCTA tournaments. Level 3.5 or higher. Player to Coach Ratio: 4-1.