



RIDEAU SPORTS CENTRE
CENTRE SPORTIF RIDEAU

MULTI-SPORT • TENNIS • YOGA • RESTAURANT • MASSAGE

Tennis Programs Spring 2018

Tuesday	Wednesday	Thursday	Sunday
Afterschool Progressive Tennis Ages: 5-7 8 Weeks Start: Mar. 20 4:30pm-5:30pm Cost: \$120			
Afterschool Ages: 8-16 8 Weeks Start: Mar. 20 4:00pm-5:00pm OR 5:00pm-6:00pm Cost: \$180		Afterschool Ages: 8-16 8 Weeks Start: Mar. 22 4:00pm-5:00pm OR 5:00pm-6:00pm Cost: \$180	
Tennis Fitness Adult Program 6 Weeks Start: Mar. 20 End: Apr. 24 8:00pm-9:00pm Cost: \$130	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: \$130	Round Robin Play Adult Program Contact Nick Patterson 613-203-8816 4:00pm-6:00pm Cost: \$25/ Week
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

Tennis Fitness:

Join a fun and friendly environment to improve your cardio levels through drills and exercises on one of our premier soccer courts housed in our new dome. Movement is the name of the game! Watch your cardio levels improve as you progress through the program.

Group Instructional Clinic:

These coaching sessions are designed to work on technique and skill for Tennis through work on your stroke mechanics and overall game improvement. Enter at with Recreational, Intermediate or Advanced level.

Advanced Training:

Advanced training and is a great way to improve your all-round game. Six-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.

Progressive Tennis Program:

RSC is pleased to offer a Progressive Tennis class for 5-7 year olds. Using tennis equipment designed for small children, the program offers a fun introduction to tennis using mini-nets, smaller racquets (15 and 17 inch) and low compression tennis balls (orange dot, green dot and red dot) which allow the child to learn in an easy and fun environment.