

The RSC Guide to

Junior Tennis



2021-2022 Schedule

FALL SESSION	September 7 – December 19	15 weeks
Winter Break	December 20 – January 2	2 weeks
WINTER SESSION	January 3 – March 13	10 weeks
March Break	March 14 – 27	2 weeks
SPRING SESSION	March 28 – June 26	12 weeks

Exception Dates

Labour Day	Monday, September 6
Thanksgiving	Monday, October 11
Fall Junior Tournament	Saturday and Sunday Dates TBD
Family Day	Monday, February 21
Winter Junior Tournament	Saturday and Sunday Dates TBD
Good Friday	Friday, April 15
Victoria Day	Monday, May 23

Program Policies & Information

1. To register your child for programs visit www.rideausportscentre.com and complete the online registration. Payment must accompany your child's registration.
2. The Rideau Sports Centre may cancel a program due to low enrolment. In the event of a program cancellation, participants will be offered alternate program dates/times or a full refund.
3. Attire: participants are expected to wear appropriate athletic attire consisting of shorts or track-pants, t-shirts and non-marking athletic shoes. Tennis shoes are highly recommended for improved performance/stability, and injury prevention.
4. Racquets: participants for all programs are expected to have their own racquet but if the participant is new to tennis or has outgrown their equipment, they are not required to purchase a racquet ahead of the first lesson. Our experienced coaching team can assist every child and family in selecting the right type of racquet based on their height and grip size.
5. Level Placement: we reserve the right to withdraw participants from a program if coaching staff determine they are not at the appropriate level (too weak or too strong). In the event your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.
6. All programs are subject to HST.
7. Programs that fall on statutory holidays/exception dates will be priced appropriately for the missed class. If a class that was included in the program price is cancelled, a credit will be applied to the participants' account.
8. Cancellation Policy:
 - No refunds or credits will be offered once a participant is registered and paid.
 - Credits may be issued in the case of an injury with a doctor's note, at the discretion of the CEO.



TOTS FUNdamentals Program: (4 – 5 years)

This program is the first step in a young athletes and tennis players' journey. A program of cooperative activities will lead to the development of the basic tennis and athletic skills in a fun and active environment. Age appropriate balls, court and racquets are used to ensure success:

- Bigger & slower ball (75% slower than a Yellow ball)
- Smaller court (10.97m-12.8m x 4.88-6.1m)
- Lower net (Centre net height of: 31.5" – 33")
- Smaller racquet (17", 19", or 21")

Our friendly, enthusiastic, and patient coaches create an active and engaging environment for young children. Parent participation is encouraged but not required.

- Coach:Student ratio is 6:1
- 1 hour classes

SCHEDULE OPTIONS:

Participants may enrol in more than 1 class per week.

- Monday (5:00 – 6:00pm)
- Wednesday (11:00am – 12:00pm)
- Wednesday (5:00 – 6:00pm)
- Saturday (9:00 – 10:00am)
- Sunday (9:00 – 10:00am)

Session	TRY IT Program Rates
Fall	\$225
Winter	\$150
Spring	\$195



RED BALL PROGRAM

The RED 1/2 court curriculum allows young players to practice and play on a court and with a ball in proportion to their size and speed which enables proper development of tennis FUNDamentals, and the ability to have fun playing tennis. Cooperative activities and play-based exercises will lead to the development of basic tennis and athletic skills in a fun and active environment.

Equipment modifications to ensure success:

- Bigger & slower ball (75% slower than a regular ball)
- Smaller court (10.97m-12.8m x 4.88-6.1m)
- Lower net (Centre net height of: 31.5" – 33")
- Smaller racquet (19", 21" or 23")

RED BALL 'TRY-IT' (6-8 years)

For children 6-8 years with little or no experience who want to try tennis in a fun, engaging environment. Program focused on developing basic tennis FUNDamentals: Serve, Rally & Score and athletic skills. If they like it, players should look into 'PLAY-IT' & 'FUN MATCHPLAY'.

- Coach:Student Ratio 6:1
- 1 hour class

SCHEDULE OPTIONS:

Participants may enrol in more than 1 class per week.

- Monday (5:00 – 6:00pm)
- Wednesday (5:00 – 6:00pm)
- Saturday (10:00 – 11:00am)
- Sunday (10:00-11:00am)

RED BALL 'PLAY-IT' (6-8 years)

For children 6-8 years with some experience who want to continue learning tennis in a fun, engaging environment. Program focused on advancing basic tennis FUNDamentals: Serve, Rally & Score and athletic skills. If they like the program, players are highly encouraged to sign up for 'FUN MATCHPLAY' to get the opportunity to play and compete every week with their classmates and other players of similar ability.

- Coach:Student Ratio 6:1
- 1 hour class

SCHEDULE OPTIONS:

- Monday (4:00 – 5:00pm) and Wednesday (4:00 – 5:00pm)
- Saturday (9:00 – 10:00am) and Sunday (9:00-10:00am)

RED BALL 'FUN MATCHPLAY' (6-8 years)

Coach supervised match play where all the fundamentals, rules, and etiquette of playing a game are introduced and developed. Coaches design the playing environment to provide every child the opportunity to truly learn to love tennis through play, and to advance their skills through play-based learning. Players must be able to start a rally with an overhead or underhand serve and rally a few balls in a row to register.

SCHEDULE OPTIONS:

Participants may enrol in more than 1 FUN MATCHPLAY per week.

- Friday (4:00 – 5:00pm)
- Sunday (12:00 – 1:00pm)

RED BALL PROSPECTS TEAM (6-7 years)

This program is designed for children ages 6-7 years who are passionate about sport and interested in pursuing competitive tennis. Players must be assessed approved by the Head of Junior Development to access this program. In addition to tennis specific training, all classes include coordination, speed, agility, balance, throwing, and footwork training critical for long-term development.

SCHEDULE OPTIONS:

Players commit to weekly scheduled training and match play:

- Monday (4:00 – 5:00pm), Wednesday (4:00 – 5:00pm) - Training
- Friday (4:00 – 5:00pm) - Fun Matchplay

Programs that fall on holidays/exception days will be priced accordingly.



TRY IT Program	
Session	Rates
Fall	\$285
Winter	\$190
Spring	\$247

PLAY IT Program	
Session	Rates
Fall	\$532
Winter	\$361
Spring	\$475

FUN MATCHPLAY Program	
Session	Rates
Fall	\$285
Winter	\$190
Spring	\$247

U7 PROSPECTS Program	
Session	Rates
Fall	\$817
Winter	\$551
Spring	\$722

ORANGE BALL PROGRAM: 9-10 years

The ORANGE 3/4 court curriculum allows young players to practice and play on a court and with a ball in proportion to their size and speed which enables proper development of tennis FUNdamentals, and the ability to have fun playing tennis. Cooperative activities and play-based exercises will lead to the development of basic tennis and athletic skills in a fun and active environment.

Equipment modifications to ensure success:

- Slower ball (50% slower than a regular ball)
- Smaller court (17.98-18.29 x 6.4-8.23m)
- Lower net (Centre net height of: 31.5-36")
- Smaller racquet (23" or 25")

ORANGE BALL 'TRY-IT' (9-10 years)

For children 9-10 years with little or no experience who want to try tennis in a fun, engaging environment. Program focused on developing basic tennis FUNdamentals: Serve, Rally & Score and athletic skills. If they like it, players should look into 'PLAY-IT' & 'FUN MATCHPLAY'.

- Coach:Student Ratio 6:1
- 1 hour class

SCHEDULE OPTIONS:

Participants may enrol in more than 1 class per week.

- Monday (5:00 – 6:00pm)
- Wednesday (5:00 – 6:00pm)
- Saturday (9:00 – 10:00am)
- Sunday (9:00-10:00am)

ORANGE BALL 'PLAY-IT' (9-10 years)

For children 9-10 years with some experience practicing and playing who want to continue learning tennis in a fun, engaging environment. Program focused on advancing basic tennis FUNdamentals and athletic skills. If they like the program, players are highly encouraged to sign up for 'FUN MATCHPLAY' to get the opportunity to play and compete every week with their classmates and other players of similar ability.

- Coach:Student Ratio 6:1
- 1 hour class

SCHEDULE OPTIONS:

- Monday (4:00 – 5:00pm) and Wednesday (4:00 – 5:00pm)
- Saturday (10:00-11:00am) and Sunday (10:00-11:00am)

ORANGE BALL 'FUN MATCHPLAY' (9-10 years)

Coach supervised match play where all the fundamentals, rules, and etiquette of playing a game are developed. Coaches design the playing environment to provide every child the opportunity to truly learn to love tennis through play, and to advance their skills through play-based learning. Players must be able to start a rally with an overhead or underhand serve and rally a few balls in a row in order to register.

SCHEDULE OPTIONS:

- Friday (4:00 – 5:00pm)
- Sunday (12:00 – 1:00pm)

Programs that fall on holidays/exception days will be priced accordingly.



TRY IT Program Rates	
Session	
Fall	\$405
Winter	\$270
Spring	\$351

PLAY IT Program Rates	
Session	
Fall	\$810
Winter	\$540
Spring	\$702

FUN MATCH PLAY Program Rates	
Session	
Fall	\$405
Winter	\$270
Spring	\$351



GREEN BALL PROGRAMS: 11-12 years

The GREEN full court curriculum allows young players to practice and play on a court and with a ball in proportion to their size and speed which enables proper development of tennis FUNdamentals, and the ability to have fun playing tennis. Cooperative activities and play-based exercises will lead to the development of basic tennis and athletic skills in a fun and active environment.

Equipment modifications to ensure success:

- Slower ball (25% slower than a regular ball)
- Full size court (23.77 x 8.23m)
- Standard net height (Centre net height of 36")
- Smaller racquet (23", 25", or 26")

GREEN BALL 'TRY-IT' (11-12 years)

For children 11-12 years with little or no experience who want to try tennis in a fun, engaging environment. Program focused on developing basic tennis FUNdamentals: Serve, Rally & Score and athletic skills. If they like it, players should look into 'PLAY-IT' & 'FUN MATCHPLAY'.

- Coach:Student Ratio 6:1
- 1 hour class

SCHEDULE OPTIONS:

Participants may enrol in more than 1 class per week.

- Thursday (5:00 – 6:00pm)
- Saturday (11:00am – 12:00pm)
- Sunday (11:00am – 12:00pm)

GREEN BALL 'PLAY-IT' (11-12 years)

For children 11-12 years with some experience practicing and playing and who know how to serve, rally and keep score. Program focused on advancing basic tennis FUNdamentals and athletic skills. If they like the program, players are highly encouraged to sign up for 'FUN MATCHPLAY' to get the opportunity to play and compete every week with their classmates and other players of similar ability.

- Coach:Student Ratio 6:1
- 1 hour class

SCHEDULE OPTIONS:

- Tuesday (5:00 – 6:00pm) and Thursday (4:00 – 5:00pm)
- Tuesday (4:00 – 5:00pm) and Thursday (4:00 – 5:00pm)
- Saturday (11:00am – 12:00pm) and Sunday (11:00am – 12:00pm)

GREEN BALL 'FUN MATCHPLAY' (11-12 years)

Coach supervised match play where all the fundamentals, rules, and etiquette of playing a game are developed. Coaches design the playing environment to provide every child the opportunity to truly learn to love tennis through play, and to advance their skills through play-based learning. Players must be able to start a rally with an overhead or underhand serve and rally a few balls in a row to register.

SCHEDULE OPTIONS:

- Friday (6:00 – 7:00pm)

Programs that fall on holidays/exception days will be priced accordingly.



TRY IT Program	
Session	Rates
Fall	\$405
Winter	\$270
Spring	\$351

PLAY IT Program	
Session	Rates
Fall	\$810
Winter	\$540
Spring	\$702

FUN MATCH PLAY Program	
Session	Rates
Fall	\$585
Winter	\$390
Spring	\$507

TEEN TENNIS PROGRAMS: 13-17 years

The TEEN TENNIS full court curriculum allows players to develop tennis FUNDamentals through practice and play, and have fun playing tennis. Cooperative activities and play-based exercises will lead to the advancement of basic tennis and athletic skills in a fun and active environment. A range of progressive tennis balls and reduced court sizes will be used when appropriate to accelerate learning for players with little or now experience.

TEEN TENNIS 'TRY-IT' (13-17 years)

For teens 13-17 years with little or no experience who want to try tennis in a fun, engaging environment. Program focused on developing basic tennis FUNDamentals: Serve, Rally & Score and athletic skills. If they like it, players should look into 'PLAY-IT' & 'UTR MATCHPLAY'.

- Coach:Student Ratio 6:1
- 1 hour and 1.5 hour classes

SCHEDULE OPTIONS:

Participants may enrol in more than 1 class per week.

- Monday (5:30 – 7:00pm)
- Wednesday (5:30 – 7:00pm)
- Saturday (1:00-2:00pm)
- Saturday (2:00-3:00pm)

TEEN TENNIS 'PLAY-IT' (13-17 years)

For teens 13-17 years with some who can serve, rally & score. Program will focus on advancing tennis FUNDamentals and general athletic skills. If they like it, players should look into 'PLAY-IT' & 'UTR MATCHPLAY'.

- Coach:Student Ratio 6:1
- 1.5 hour classes

SCHEDULE OPTIONS:

Tuesday (5:30-7:00pm) and Thursday (5:30-7:00pm)

TEEN UTR MATCHPLAY (13-17 years)

Supervised Matchplay based on UTR rating for players to compete in singles and doubles. Highly recommended for furthering development. Players must have a UTR rating in the specified range to register.

SCHEDULE OPTIONS:

- UTR intermediate (2.5-4.0) - Sunday 2:00-3:30pm (weekly sign-up)
- UTR advanced (4.0-5.5) - Sunday 3:30-5:00pm (weekly sign-up)

Programs that fall on holidays/exception days and those that are 1.5 hrs instead of an hour will be priced accordingly.

Registration for UTR Matchplay is on a weekly basis, and will open mid-August.



Session	TRY IT 1 hour	Program Rates 1.5 hour
Fall	\$405	\$608
Winter	\$270	\$405
Spring	\$351	\$527

Session	PLAY IT Program Rates
Fall	\$1,215
Winter	\$810
Spring	\$1,053

Rating	UTR MATCHPLAY Weekly Program Fee
2.5 - 4.0	\$45
4.0 - 5.5	\$65



Competitive and High Performance Streams

Admission and registration for the Junior Competitive & High Performance program require a tryout/assessment by our High Performance coaching team.

Tryouts/Assessments:

Age 5-7: U7 Prospects Team | **Monday, July 26** | 4:30- 5:30pm

Age 7-10: U9-U10 Team | **Friday, July 23** | 5:00- 6:00pm & 6:00- 7:00pm

Age 10-18: U12-U18 Teams | **Thursday, July 22** | 6:00-7:30pm & 7:30- 9:00pm

*****There is a \$10 fee for tryouts, payable at registration.**

Registration for tryouts is now open online.

Program spots are limited and require minimum 3-4 times per week training and matchplay. These tryouts are for highly committed players and families only.

Program information including schedule, commitment level, and fees will be released before tryouts commence.

For information regarding Competitive and High Performance Tryouts, please contact Head of Competitive Development, Rachel Cruickshank.