

A photograph of a person on a tennis court. The person is holding a tennis racket with a yellow and white frame and a red grip. A green tennis ball is in the air above the racket. The person is wearing white sneakers. The background is a clear blue sky. The text "THE RSC GUIDE TO ADULT TENNIS" is overlaid on the right side of the image.

THE RSC GUIDE TO
ADULT TENNIS

RSC

2021-2022 Schedule

FALL SESSION 1	September 7 – October 10	5 weeks
FALL SESSION 2	October 12 – November 14	5 weeks
FALL SESSION 3	November 15 – December 19	5 weeks
Winter Break	December 20 – January 2	2 weeks
WINTER SESSION 1	January 3 – February 6	5 weeks
WINTER SESSION 2	February 7 – March 13	5 weeks
March Break	March 14 – 20	1 week
SPRING SESSION 1	March 21 – April 17	4 weeks
SPRING SESSION 2	April 18 – May 22	5 weeks
SPRING SESSION 3	May 24 – June 26	5 weeks

Exception Dates

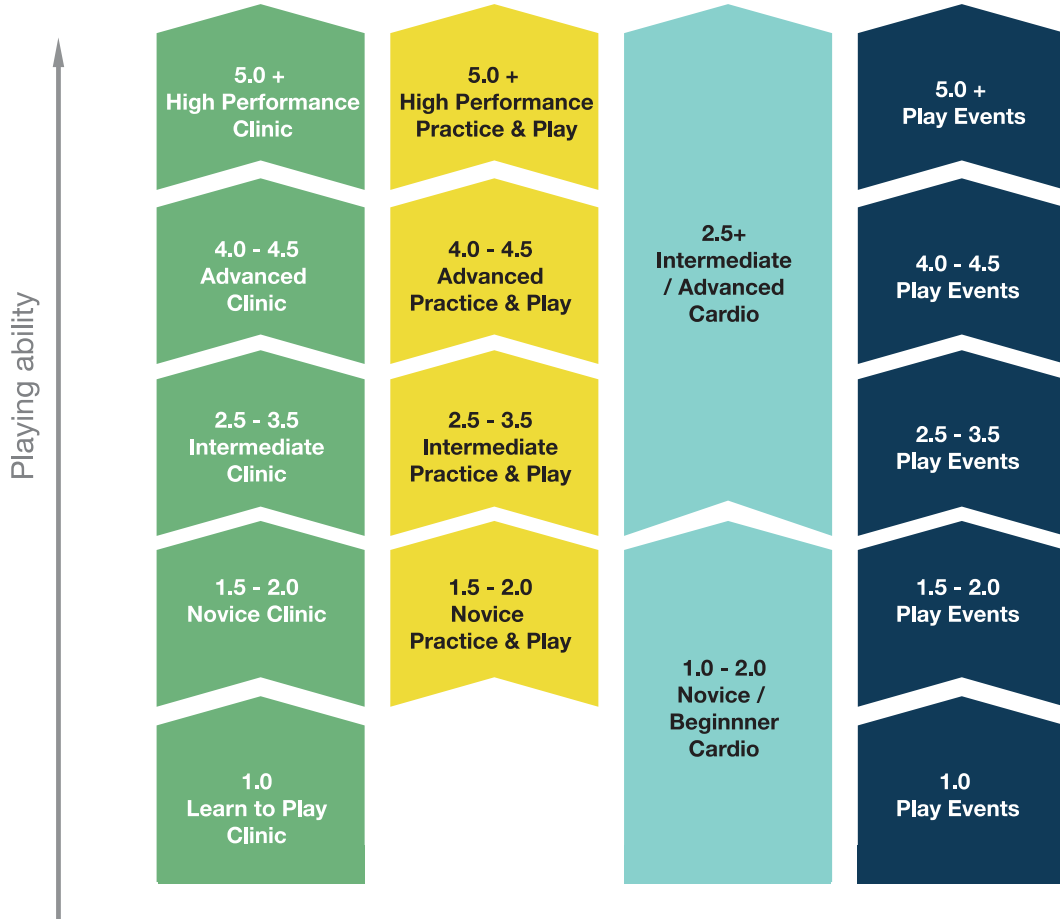
Labour Day	Monday, September 6
Thanksgiving	October 8-11
Fall Junior Tournament	Saturday and Sunday Dates TBD
Family Day	Monday, February 21
Winter Junior Tournament	Saturday and Sunday Dates TBD
Good Friday	Friday, April 15
Victoria Day	Monday, May 23

Program Policies & Information

1. To register for programs, visit www.rideausportscentre.com and complete the online registration. Payment must accompany registration.
2. In-person Registration
 - Opens Thursday, August 19th at 10:00am
3. 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.
4. 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 to prevent injuries.
5. Racquets: participants for all programs are expected to bring their own racquet but if you are new to tennis, you are not required to purchase a racquet ahead of the first lesson. Our experienced coaching team can assist in selecting the right type of racquet for you.
6. Level Placement: we reserve the right to withdraw participants from a program if the coaching staff determine you are not at the appropriate level (too weak or too strong). In the event you are withdrawn from a program, every effort will be made to place you in an alternate suitable program.
7. All programs are subject to HST.
8. 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.
9. Once booked, we have a no-refund policy on all programs. Refunds for program cancellations will only be provided with a doctor's note. Only credits will be issued if programs are impacted by COVID-19.



Adult Tennis Pathway



Learn	Practice & Play	Cardio Tennis	Play
Learn new skills and develop your technique and tactics through systematic teaching with our experienced coaching team.	Improve your skills in a high energy, volume training program designed to maximize quality repetitions on every stroke. Then put these skills to the test as you PLAY in different realistic match play scenarios	Get an amazing workout in a high intensity environment while improving your strokes and overall game.	Play singles or doubles and meet new people with Coach run level-based programs such as Round Robins, Matchplay, Happy Hour and Tournaments.

Programs

National Tennis Rating Program (NTRP)

It is important to have an accurate rating of your tennis ability in order to:

- Find your own general level of tennis ability.
- Register for clinics or play-based programs at the right level with players of similar ability.
- Find players of a similar level so that you can have competitive games.
- Play an individual at a higher level using handicap scoring to make the game more competitive.

[Click HERE to access the NTRP Self-rating guide](#)

Use the “Play Tennis” Self-Rating Guide which identifies and describes different levels of tennis ability. Guidelines to rate yourself:

- Study the “Play Tennis” self-rating chart
- Start reading from the top of the chart, beginning with Level 1.0.
- Find the level that best describes your general level of play.
- Remember that as you play more, and improve, your rating may improve.
- Update your rating periodically.
- Results in social and competitive matches will validate whether your chosen level is reasonably accurate.
- Join our Player Assessment Program to get an accurate rating from our experienced coaches. Details below!

PLAYER ASSESSMENT PROGRAM

This program is offered to ensure all participants without a reliable UTR rating can get an accurate coach assessed player rating and enrol in the appropriate program and thereby train with other players of similar calibre. The coach will run through a variety of exercises to assess different strokes, movement and gameplay. Players can expect an estimated rating on the NTRP/UTR scale and recommendations of which programs to join at the conclusion of each session. Assessments may not require the full hour. Beginning in the winter session, RSC will make mandatory having a pro-assessed player rating or UTR rating in order to register for ANY program. Sign up today to get rated by one of our experienced coaches!

- \$10 for a one-hour group assessment
- Mandatory to join any RSC programs as of Winter Session 1 in 2022 so sign up now!

LEARN

Instructional clinics designed to improve your singles and doubles game through technical and tactical teaching in an active, experiential learning environment.

Student to Court ratio 6:1, Student to Coach ratio 6:1 (Learn to Play 8:1)

Learn to Play Clinic 1.0

The Learn to Play class is designed for people who have little to no tennis experience. Players will learn fundamental tennis movements and stroke technique of the forehand, backhand, serve, volleys and overheads as well as the rules of the game and how to keep score. The course will use “Progressive tennis” methodology which makes the game easier to play, more fun, and will set you up for early success!

- \$105 plus tax for 5 classes, 1 hr each.

Novice Clinic 1.5-2.0

The Novice class is designed for players who have played some tennis but are still relatively inexperienced. This course will allow players to improve their strokes and introduce strategy for both singles and doubles play. Each course will be focused on instruction that will allow you to continue to develop your game and work towards your goals on the court.

- \$140 plus tax for 5 classes, 1 hr each.

Intermediate Clinic 2.5-3.5

The Intermediate class is designed for players who are experienced and already able to rally consistently from the baseline and who can serve and play a game. This course will allow players to improve their strokes and introduce more advanced techniques such as application of slice and topspin, and we will begin to explore more advanced tactics such as taking time away, buying time, moving opponents side to side, and moving opponents up and back.

- \$140 plus tax for 5 classes, 1 hr each.
- \$210 plus tax for 5 classes, 1.5 hrs each.

Advanced Clinic 4.0-4.5

The Advanced class is designed for players who are very experienced and comfortable at the baseline and net, and whose first serve gives them an advantage. This course will allow players to fully develop fundamental tactics taking time away, buying time, moving opponents side to side, and moving opponents up and back, and will identify any individual barriers to executing said tactics. Please self-assess using the NRTP rating guide to ensure your level is suitable for 3.5-4.0 before registering.

- \$140 plus tax for 5 classes, 1 hr each.
- \$210 plus tax for 5 classes, 1.5 hrs each.

PRACTICE and PLAY

Practice and Play programs will begin with high volume training of a variety of strokes and situations in a goal-oriented environment designed to push each player to improve their performance and achieve improved standards in their game. Following the practice component, every player will have the opportunity to test their skills against their fellow classmates in play-based situations and gameplay. Practice and Play programs are a great mix of a high intensity training and fun play.

Student to Court ratio 4:1, Student to Coach ratio 8:1

Novice Practice and Play 1.5-2.0

A Novice practice session will feature volume training focused on improving groundstrokes and serve/return consistency. Volley to volley and volley to baseline exercises will also be introduced, depending on the level of participants. This will be followed by play-based situations and gameplay where the fundamentals of singles and doubles positioning, and tactics will be reinforced.

- \$270 plus tax for 5 classes, 1.5 hrs each

Intermediate Practice and Play 2.5-3.5

An Intermediate practice session will feature volume training in a combination of baseline, net, and serve/return exercises as well as game various situations in a high intensity environment. This will be followed by play-based situations and gameplay where advanced singles and doubles positioning, and tactics will be introduced and fundamentals will be reinforced.

- \$270 plus tax for 5 classes, 1.5 hrs each

Advanced Practice and Play 4.0-4.5

An Intermediate practice session will feature volume training in a combination of baseline, net, and serve/return exercises as well as game various situations in a high intensity environment. This will be followed by play-based situations and gameplay where the fundamentals of singles and doubles positioning, and tactics will be reinforced.

- \$270 plus tax for 5 classes, 1.5 hrs each



CARDIO TENNIS

The extremely popular 60-minute classes feature high-tempo, high intensity drills, circuits, exercises, and games designed to provide an amazing cardio workout, improve your game, and put a smile on your face!

Student to coach ratio 6:1, Student to court ratio 6:1

Beginner-Novice Cardio 1.0-2.0

A beginner/novice cardio tennis class will consist of very fast paced drills that allow players to hit a ton of balls and enjoy a tremendous sweat. Classes will include agility/movement drills and incorporate fitness training that ensures every second on the court is valuable. Don't forget your water and a towel, you're going to need them!

- \$140 plus tax for 5 classes, 1 hr each.

Intermediate-Advanced Cardio 2.5+

An intermediate/advanced cardio tennis class will consist of very fast paced drills that allow players to hit a ton of balls and enjoy a tremendous sweat. Classes will include agility drills and incorporate fitness training that ensures every second on the court is valuable. Don't forget your water and a towel, you're going to need them!

- \$140 plus tax for 5 classes, 1 hr each.



PLAY

Join one or more of our Coach-run, level-based play programs to enjoy playing tennis, meet new people, and take your game to the next level.

Universal Tennis Rating (UTR)

RSC officially welcomes the UTR system and platform! What is UTR? [Here is a quick video to get acquainted](#)

UTR is the most advanced and widely used global tennis player rating system intended to produce an objective, consistent, and accurate index of players' skill in the game of tennis. Powered by Oracle and used by US Colleges as the number one tool to assess and recruit players from around the world, UTR rates all players on a single 16-point scale, without regard to age, gender, nationality, or locale of a given match. Our vision is to integrate UTR into our PLAY programs to ensure the level of skill of each player within a given program is consistent and therefore maximize the quality of our programs.

We will integrate UTR into most of our PLAY programs for the indoor season. Don't worry if you've never used UTR before – it's not a problem. Simply [create an account on the UTR website](#) then [register for a UTR PLAY program on our website](#).

UTR Doubles Round Robins

Round Robins are a great way to practice your skills with a variety of players in a competitive, social and fun environment. Players will be paired with different partners and opponents by an RSC coach and will be rotated on timed intervals. Round Robins are a great way to meet new players, practice your skills, and most of all, have fun and socialize after!

\$190 plus tax for 5 weeks, 1.5 hrs each.

UTR Doubles Matchplay

Matchplay will bring a great opportunity for players to test their abilities in a competitive environment. Players will compete under the supervision of an RSC pro who can provide feedback if desired and will update match results, allowing players to track their progress using the Universal Tennis Rating (UTR) platform. RSC offers doubles matchplay as well as combined singles/doubles matchplay programs and will be level based.

\$190 plus tax for 5 weeks, 1.5 hrs each.

UTR Tournaments

RSC is proud to co-host the NCTA City Championships the last week of August, the annual Indoor Open over Thanksgiving weekend October 8th-11th. Tournaments are typically single elimination with a consolation round when possible. RSC also hosts the Presidents Cup and the Intermediate Championship. RSC also hosts a range of regional Juniors tournaments for competitive players.

Happy Hour

Happy Hour is a staple at RSC and one of our most popular non-instructional programs. Players will compete in fun games for the entire hour. This is a great way to practice and work on a variety of skills in a fun and competitive environment. Some of the games that are played are King/Queen of the Court, Rush and Crush, Cisco's Disco, Winners, Jeopardy, Beat the Pro and more! Register for this program is not on UTR and run through your account on our website as usual.