

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

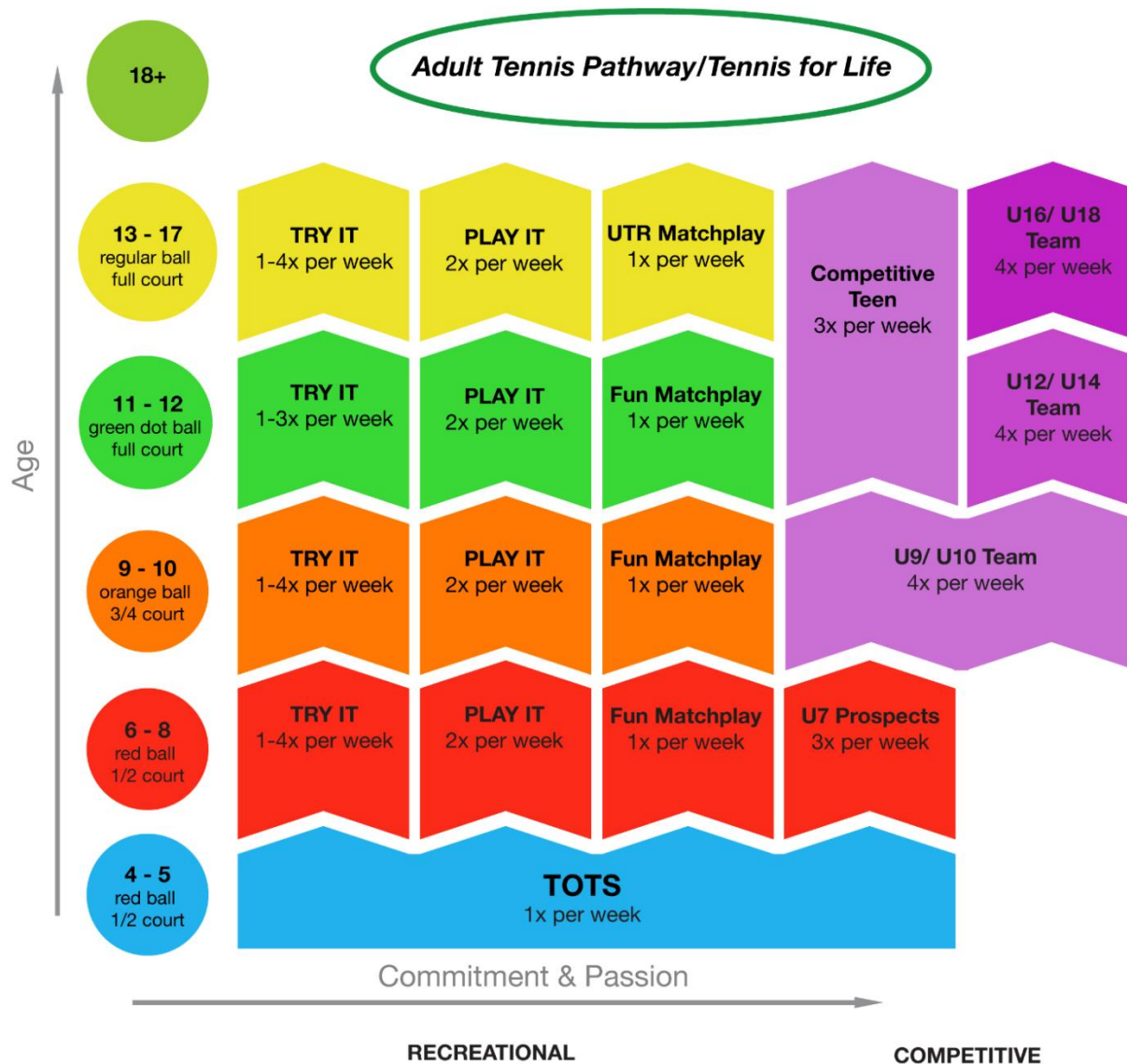
Labour Day	Monday, September 6
Thanksgiving	Monday, October 11
Fall Junior Tournament	Saturday and Sunday Dates TBD
Family Day	Monday, February 21
Winter Junior Tournament	Saturday and Sunday Dates TBD
Good Friday	Friday, April 15
Victoria Day	Monday, May 23

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 In the event your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.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.



Junior Tennis Pathway



Instilling a love for tennis and sport while building fundamental skills through active encouragement, cooperative exercises, and play. "TRY-IT" classes are offered up to 4 times per week but players only need to commit to a minimum of one. "PLAY-IT" classes are for players committed to 2 classes per week. Both "TRY-IT" and "PLAY-IT" classes have no skill requirement to register. "Fun Matchplay" is a play program and has a minimum skill requirement of being able to start a point, and rally a minimum of 6 balls in a row.

Developing a love and passion for tennis in an intense and focused environment necessary to achieve success in high level competition. Admission to any competitive program requires an assessment by our coaching team.

TOTS FUNDamentals Program: 4 – 5 years in the Multisport Dome

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 regular 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. These lessons take place in the Multisport Dome.

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

SCHEDULE OPTIONS:

Participants may enrol in more than 1 class per week.

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

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



RED BALL PROGRAMS: 6-8 years in the Multisport Dome

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. These lessons take place in the Multisport dome. 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 (11:00 – 12:00pm)
- Sunday (11:00-12:00pm)

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. These lessons take place in the Multisport dome. 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)

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. These lessons take place in the Multisport dome.

SCHEDULE OPTIONS:

- Friday (4:00 – 5:00pm)

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 and 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. These lessons take place in the Multisport dome.

SCHEDULE OPTIONS:

Players commit to weekly scheduled training:

- Monday (4:00 – 5:00pm) and Wednesday (4:00 – 5:00pm)

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



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

PLAY IT Program Rates	
Session	
Fall	\$532
Winter	\$380
Spring	\$475

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

U7 PROSPECTS Program Rates	
Session	
Fall	\$532
Winter	\$380
Spring	\$475

ORANGE BALL PROGRAM: 9-10 years in the Multisport Dome

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'. These lessons take place in the Multisport dome.

- 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 (11:00 – 12:00pm)
- Sunday (11:00-12:00pm)

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. These lessons take place in the Multisport dome.

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

SCHEDULE OPTIONS:

- Monday (4:00 – 5:00pm) and Wednesday (4:00 – 5:00pm)
- Saturday (10:00am-11:00am) and Sunday (10:00am-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. These lessons take place in the Multisport dome.

SCHEDULE OPTIONS:

- Friday (5:00 – 6:00pm)

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 in the Multisport Dome

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'. These lessons take place in the Multisport dome.

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

SCHEDULE OPTIONS:

Participants may enrol in more than 1 class per week.

- Friday (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.

These lessons take place in the Multisport dome.

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

SCHEDULE OPTIONS:

- Monday (4:00 – 5:00pm) and Wednesday (4:00 – 5:00pm)
- Monday (5:00 – 6:00pm) and Wednesday (5:00 – 6:00pm)
- Saturday (10:00am – 11:00am) and Sunday (10:00am – 11:00am)

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. These lessons take place in the Multisport dome.

- Court:Student Ratio 1:4
- 1.5 hour class

SCHEDULE OPTIONS:

- Friday (5:30 – 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	
Session	Program Rates
Fall	\$585
Winter	\$350
Spring	\$467

TEEN TENNIS PROGRAMS: 13-17 years in the Tennis Dome

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' and TEEN TENNIS 'BEGINNER' (13-17 years)

For teens 13-17 years with little to 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'. Players who have never taken a lesson before should register for 'beginner'.

- 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 'beginner' or 'try it')
- Saturday (2:00-3:00pm 'beginner' or 'try it')

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

For teens 13-17 years with some experience 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)
- Friday (5:30-7:00pm) and Sunday (12:30-2:00pm)

UTR MATCHPLAY (level -based competition)

Supervised Matchplay based on UTR rating for players to compete in singles and doubles. Highly recommended for furthering development of skill and passion for tennis. Players must create/have an account on the UTR platform, then join the RSC Virtual Club on the UTR platform.

SCHEDULE OPTIONS:

- Saturday mornings between 7:00am-1:00pm, schedule depends on level and flight allocation

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 the UTR platform RSC Virtual Club.



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

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

UTR MATCHPLAY Weekly Program Fee	
Rating	
All ratings	\$45



RSC Competitive and High-Performance Annual Programs:

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

Please contact Head of Competitive Development Rachel Cruickshank
rachel@rideausportscentre.com