



RIDEAU SPORTS CENTRE
CENTRE SPORTIF RIDEAU

JUNIOR TENNIS GUIDE

2023-2024

rideausportscentre.com
#LifeIsPlay

2022-2023 SCHEDULE

SESSION	DATES	# OF WEEKS
Fall	September 18, 2023 to December 23, 2023	14 weeks
Winter	TBD	TBD
Spring	TBD	TBD

EXCEPTION DATES

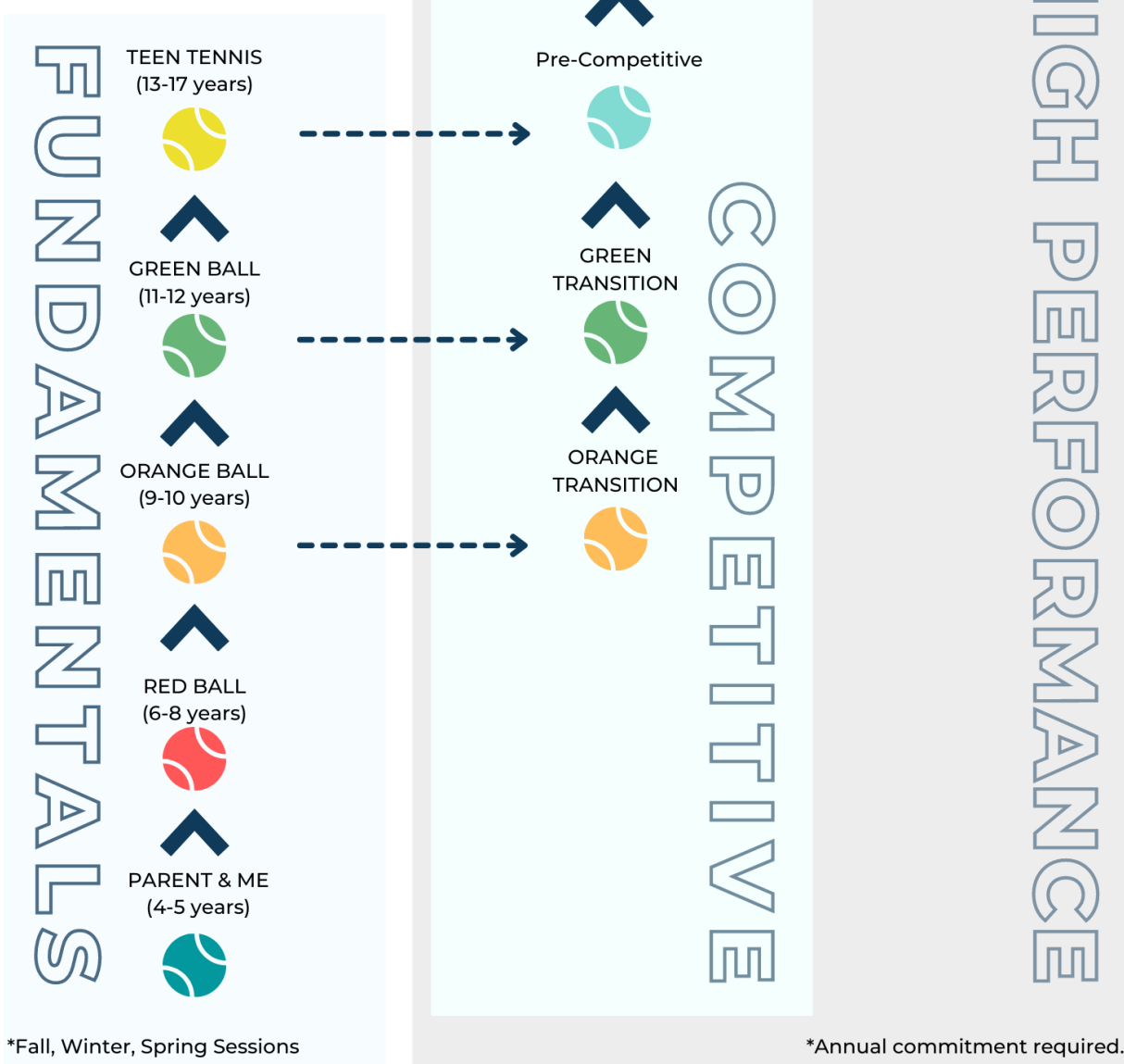
HOLIDAY	DATES
Thanksgiving	October 9, 2023
Family Day	February 19, 2024
Good Friday	March 29, 2024
Victoria Day	May 20, 2024

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 In the event your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.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
 - Cancellations prior to 14 days from program start will be issued a credit to the account. A \$40 + HST administration fee will be applied to process the credit.
 - No credits will be issued within 14 days of program start (as such all weekly sign-ups will never be eligible for a credit)
 - Missed sessions during a program due to unforeseen circumstances of the client will not be eligible for make up sessions or credits
 - Session cancellations due to unforeseen circumstances of the centre (power outage, pandemics, weather, repairs) will result in a credit applied to the client.
 - Removal from program based on breach of the code of conduct will result in no credit for the client.



JUNIOR TENNIS PATHWAY



PARENT & ME (4 – 5 YEARS OLD)

PROGRAM OVERVIEW

This program is the first step in a young athletes and tennis players' journey. A program of cooperative activities involving parent participation will lead to the development of the basic tennis and athletic skills in a fun and active environment.

Our friendly, enthusiastic, and patient coaches create an active and engaging environment for young children. Parent participation is required.

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

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")

SCHEDULE OPTIONS:

Participants may enrol in more than 1 class per week.

DAY		TIME	
Saturday		9:00am to 10:00am	
Sunday		9:00am to 10:00am	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$15.80	
Winter	TBD	TBD	
Spring	TBD	TBD	

RED BALL PROGRAMS (6 – 8 YEARS OLD)

PROGRAM OVERVIEW

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 1

For children 6-8 years old with little or no experience in a lesson setting who want to try tennis in a fun, engaging environment. The program focuses on developing basic tennis and athletic fundamentals. Before progressing to Red 2, players must be able to serve, rally, and score.

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

SCHEDULE OPTIONS AND RATES

Participants may enrol in more than 1 class per week.

DAY		TIME	
Saturday		9:00am to 10:00am	
Saturday		10:00am to 11:00am	
Saturday		11:00am to 12:00pm	
Sunday		9:00am to 10:00am	
Sunday		10:00am to 11:00am	
Sunday		11:00am to 12:00pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$20.10	
Winter	TBD	TBD	
Spring	TBD	TBD	

RED BALL 2

For children 6-8 years old with some experience in a lesson setting who are able to serve (underhand or overhand), rally, and score. Participants must commit to two lessons a week

and will develop strong tennis and athletic fundamentals through cooperative and play based activities. The Team Tennis League is HIGHLY recommended as supplemental training.

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

SCHEDULE OPTIONS AND RATES

Participants may enrol in more than 1 class per week.

DAY		TIME	
Monday & Wednesday		5:30pm to 6:30pm	
Monday & Wednesday		6:30pm to 7:30pm	
SESSION		# OF WEEKS	PRICE PER WEEK
Fall		14 weeks	\$20.10
Winter		TBD	TBD
Spring		TBD	TBD

RED BALL PROSPECTS TEAM

This program is designed for children ages 6-8 years old 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. The Team Tennis League is HIGHLY recommended as supplemental training

SCHEDULE OPTIONS AND RATES

Players commit to two weekly scheduled training:

DAY		TIME	
Monday & Wednesday		4:30pm to 5:30pm	
SESSION		# OF WEEKS	PRICE PER WEEK
Fall		14 weeks	\$20.10
Winter		TBD	TBD
Spring		TBD	TBD

RED TEAM TENNIS LEAGUE

A program designed for kids in the Red 2 and Red Prospects group to develop their matchplay skills. Kids will be grouped in teams and will compete weekly with scores and standings being recorded. Participants must be able to serve (underhand or overhand), rally, and score.

SCHEDULE OPTIONS AND RATES

Players commit to weekly scheduled training:

DAY		TIME	
Saturday		2:30pm to 4:00pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$30.15	
Winter	TBD	TBD	
Spring	TBD	TBD	

ORANGE BALL PROGRAMS (9 – 10 YEARS OLD)

PROGRAM OVERVIEW

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") -10

ORANGE BALL 1

For children 9-10 years old with little or no experience in a lesson setting who want to try tennis in a fun, engaging environment. The program focuses on developing basic tennis and athletic fundamentals. Before progressing to orange 2, players must be able to serve, rally, and score.

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

SCHEDULE OPTIONS AND RATES

Participants may enrol in more than 1 class per week.

DAY		TIME	
Saturday		8:00am to 9:00am	
Saturday		10:00am to 11:00am	
Saturday		11:00am to 12:00pm	
Saturday		12:00pm to 1:00pm	
Sunday		10:00am to 11:00am	
Sunday		11:00am to 12:00pm	
Sunday		12:00pm to 1:00pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$28.54	
Winter	TBD	TBD	
Spring	TBD	TBD	

ORANGE BALL 2

For children 9-10 years old with some experience in a lesson setting who are able to serve (underhand or overhand), rally, and score. Participants must commit to two lessons a week

and will develop strong tennis and athletic fundamentals through cooperative and play based activities. The Team Tennis League is highly recommended as supplemental training.

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

SCHEDULE OPTIONS AND RATES

DAY		TIME	
Monday & Wednesday		5:30pm to 6:30pm	
Monday & Wednesday		6:30pm to 7:30pm	
Friday & Saturday		4:30pm to 5:30pm (Friday), 12:00pm to 1:00pm (Saturday)	
Friday & Sunday		6:30pm to 7:30pm (Friday), 12:00pm to 1:00pm (Sunday)	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$28.54	
Winter	TBD	TBD	
Spring	TBD	TBD	

ORANGE BALL TEAM TENNIS LEAGUE

A program designed for kids in the Orange 2 group to develop their matchplay skills. Kids will be grouped in teams and will compete weekly with scores and standings being recorded. Participants must be able to serve (underhand or overhand), rally, and score.

SCHEDULE OPTIONS AND RATES

DAY		TIME	
Saturday		2:30pm to 4:00pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$42.81	
Winter	TBD	TBD	
Spring	TBD	TBD	

ORANGE BALL PROSPECTS

This program is designed for children ages 9-10 years old 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. The Team Tennis League is HIGHLY recommended as supplemental training.

SCHEDULE OPTIONS AND RATES

DAY		TIME	
Monday & Wednesday		4:30pm to 5:30pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$28.54	
Winter	TBD	TBD	
Spring	TBD	TBD	

GREEN BALL PROGRAMS (11 – 12 YEARS OLD)

PROGRAM OVERVIEW

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 1

For children 11-12 years old with little or no experience in a lesson setting who want to try tennis in a fun, engaging environment. The program focuses on developing basic tennis and athletic fundamentals. Before progressing to Green 2, players must be able to serve, rally, and score.

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

SCHEDULE OPTIONS AND RATES

Participants may enrol in more than 1 class per week.

DAY		TIME	
Saturday		9:00am to 10:00am	
Saturday		10:00am to 11:00am	
Saturday		11:00am to 12:00pm	
Sunday		8:00am to 9:00am	
Sunday		9:00am to 10:00am	
Sunday		10:00am to 11:00am	
Sunday		11:00am to 12:00pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$28.54	
Winter	TBD	TBD	
Spring	TBD	TBD	

GREEN BALL 2

For children 11-12 years old with some experience in a lesson setting who are able to serve (underhand or overhand), rally, and score. Participants must commit to two lessons a week

and will develop strong tennis and athletic fundamentals through cooperative and play based activities. The Team Tennis League is highly recommended as supplemental training.

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

SCHEDULE OPTIONS AND RATES

DAY		TIME	
Monday & Wednesday		4:30pm to 5:30pm	
Monday & Wednesday		5:30pm to 6:30pm	
Monday & Wednesday		6:30pm to 7:30pm	
Friday & Saturday		5:30pm to 6:30pm (Friday), 1:00pm to 2:00pm (Saturday)	
Friday & Sunday		6:30pm to 7:30pm (Friday), 12:00pm to 1:00pm (Sunday)	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$28.54	
Winter	TBD	TBD	
Spring	TBD	TBD	

GREEN TEAM TENNIS LEAGUE

A program designed for kids in the Green 2 group to develop their matchplay skills. Kids will be grouped in teams and will compete weekly with scores and standings being recorded. Participants must be able to serve (underhand or overhand), rally, and score.

DAY		TIME	
Saturday		1:00pm to 2:30pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$42.81	
Winter	TBD	TBD	
Spring	TBD	TBD	

GREEN BALL PROSPECTS

This program is designed for children ages 11-12 years old 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. The Team Tennis League is HIGHLY recommended as supplemental training.

SCHEDULE OPTIONS AND RATES

DAY		TIME	
Monday & Wednesday		4:30pm to 5:30pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$28.54	
Winter	TBD	TBD	
Spring	TBD	TBD	

TEEN TENNIS PROGRAMS (13 – 17 YEARS OLD)

PROGRAM OVERVIEW

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 1

For teens 13-17 years old with little or no experience in a lesson setting who want to try tennis in a fun, engaging environment. The program focuses on developing basic tennis and athletic fundamentals. Before progressing to teen 2, players must be able to serve, rally, and score.

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

SCHEDULE OPTIONS AND RATES

DAY		TIME	
Saturday		9:00am to 10:00am	
Saturday		10:00am to 11:00am	
Saturday		11:00am to 12:00pm	
Sunday		9:00am to 10:00am	
Sunday		10:00am to 11:00am	
Sunday		11:00am to 12:00pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$28.54	
Winter	TBD	TBD	
Spring	TBD	TBD	

TEEN TENNIS 2

For teens 13-17 years old with some experience in a lesson setting who are able to serve (underhand or overhand), rally, and score. Participants must commit to two lessons a week

and will develop strong tennis and athletic fundamentals through cooperative and play based activities.

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

SCHEDULE OPTIONS AND RATES

DAY		TIME
Monday & Wednesday		4:30pm to 6:00pm
Monday & Wednesday		6:00pm to 7:00pm
Tuesday & Thursday		6:30pm to 7:30pm
SESSION	# OF WEEKS	PRICE PER WEEK
Fall	14 weeks	\$28.54 (1 hour session) \$42.81 (1.5 hours session)
Winter	TBD	TBD
Spring	TBD	TBD

TEAM TENNIS LEAGUE

A program designed for kids in the Teen Tennis 2 group to develop their matchplay skills. Kids will be grouped in teams and will compete weekly with scores and standings being recorded. Participants must be able to serve (underhand or overhand), rally, and score.

SCHEDULE OPTIONS AND RATES

DAY		TIME
Saturday		1:00pm to 2:30pm
SESSION	# OF WEEKS	PRICE PER WEEK
Fall	14 weeks	\$42.81
Winter	TBD	TBD
Spring	TBD	TBD

TEEN TENNIS PROSPECTS

This program is designed for children ages 13 – 17 years old 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. The Team Tennis League is HIGHLY recommended as supplemental training.

SCHEDULE OPTIONS AND RATES

DAY		TIME	
Tuesday & Thursday		6:30pm to 8:00pm	
SESSION	# OF WEEKS	PRICE PER WEEK	
Fall	14 weeks	\$42.81	
Winter	TBD	TBD	
Spring	TBD	TBD	