

Winter Tennis Programs



2021 Winter Programs

Weekday



Progression Clinics

Players learn the proper fundamentals of the game along with positioning and strategy. Students will drill for the first 45 minutes with rallying or points for the last 15 minutes.

Day/Time: Wednesday 12-1PM for beginners and Wednesday 1-2 for intermediate

Duration: 5 weeks, Session 1 (Jan 6 - Feb 3), Session 2 (Feb 10 - Mar 10)

Level: Progression 1- Beginner/Advanced beginner
Progression 2- Intermediate

Cost: \$102.50 + HST

Ladies Intramural

We will have 2 A teams, 2 B teams and 2 C teams.

Matches begin the week of Jan 4th

Practices: A Team: Mon 10:30-12 noon, B Team: Mon 10-12 noon, C Team: Wed 12-1:30 pm

Matches: A team: Thurs 10-12 noon, B Team: Wed 10-12 noon, C Team: Fri 10-12 noon

Cost: Practices are pro + court fee. Matches are court fee

Ten Fit

Are you determined to get fit? Why not do it by playing tennis? This high energy workout is for the player looking to sweat!

Day/Time: Thurs 12-1pm

Duration: 5 weeks, Session 1 (Jan 7 - Feb 4), Session 2 (Feb 11 - Mar 11)

Level: Intermediate

Cost: \$102.50 + HST

Ladies Round Robin

Are you looking to meet some new people and play some friendly doubles? After a quick warm up the pro will rotate players every 15-20 minutes providing feedback on positioning and strategy.

Day/Time: Mon 12-1:30pm

Start Date: Jan 4th

Duration: Weekly, sign up through the front desk

Level: Intermediate

Cost: Court Fee + \$7 pro fee

