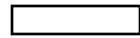


ADULT TENNIS SCHEDULE

Schedule Effective: November 17, 2020



Drop-In Program



Registered Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning						8:30-9:30AM Cardio Tennis All levels Ashley		
	9:30-10:30AM Drills & Skills Clinic (3.0+ level) 1 court - Charles	9:30-11:30AM Ladies Diamond League** (3.0+ level) 2 courts - Lindsay	9:30-11:30AM Ladies Team Practice** A and B Teams Miran & Charles	9:30-10:30AM Cardio Tennis All levels Mark	9:30-10:30AM Stroke of the Week All levels 1 court - Mark		9:30-10:30AM Adult Learn2Play All levels 1 court - Mark	
	10:30-11:30AM Adult Learn2Play All levels 1 court - Charles							12:30-2:30PM Pickleball All levels 1 court
Afternoon/Evening			12:30-2:30PM Daytime Round Robin** (2.5-3.5 play level) 4 courts - Lindsay		12:30-2:30PM Pickleball All levels 1 court			
	5:45 - 6:45PM Cardio Tennis All levels Eileen							
			6:45-8:15PM Live Ball (2.5-3.5 level) 1 court - Miran			6:30-8:30PM Mixed Doubles** (3.5+ level) 4 courts - Charles		
				7:45-9:45PM Men's Singles** (4.0+ level) 3 courts - Mark				

Pricing:

Drills & Skills Clinic: M \$20/NM \$30
Adult Learn2Play: M \$144/NM \$184 (8 Weeks)
Cardio Tennis: M FREE/NM \$15/W9-4 \$15
Diamond League: M \$12/NM n/a
Ladies Team Practice: M \$30/NM n/a
Live Ball: M \$180/NM \$300 (12 Weeks)
Tennis Boot Camp: M \$20/NM \$30
Pickleball: M \$5/NM n/a
Daytime Round Robin: M \$12/NM n/a
Men's Singles: M \$15/hr/NM n/a
Stroke of the Week: M \$20/NM \$30
Mixed Doubles: M \$20/NM \$30

**All programs subject to applicable taxes.*
***All programs with a double asterisks please contact pro noted on schedule to register*

To Register:

1. Visit HRCOnline
2. Call front desk at 519-942-2255
3. In-Person at Front Desk

Please note: All drop-in and registered programs require a minimum of 4 participants to run. If the minimum requirement is not met within 12 hours of it operating, the class will be cancelled. Don't delay, register today!

Headwaters Racquet Club reserves the right to review and revise the Tennis Schedule. For more information please contact our Racquets Department at racquets@headwatersracquetclub.com.

ADULT TENNIS SCHEDULE

Schedule Effective: November 17, 2020

DRILLS AND SKILLS CLINIC:

(3.0+ play level)

Are you looking to improve your skills on the tennis court? Great for intermediate to advanced players working on improving techniques such as groundstrokes, serves, and volleys in a group setting. Fun, intense competitive games are then played to apply those techniques. If you'd like to participate please register with the front desk.

LADIES DIAMOND LEAGUE:

(3.0+ play level)

Join our in-house competitive women's doubles league and battle it out on the courts each week. Balls are provided.

ADULT LEARN2PLAY:

It's time to learn to play! Whether you just want to play socially with friends or need to keep up with the kids who are getting bigger and better, join our Learn2Play class. You'll learn the basics of the game – grip, scoring, strokes, footwork, court positioning and more. This class is a great way to get some exercise and meet other players to set up games with!

NITTY GRITTY:

(3.0+ play level)

One step up! If you've learned the basics of the game and are ready to move to the next level, it's time to get down to the nitty gritty! The Pro will teach you more advanced strokes, grips, strategies, point construction, etc. that will help you improve your shots, stay in points longer and win more games!

CARDIO TENNIS:

No tennis experience required! This fun fast-paced tennis program is designed to get your feet moving and your heart pumping. Add to that the opportunity to practice tennis skills in movement based drills and you have the perfect recipe for fun and fitness!

LADIES TEAM PRACTICE:

If you are a competitive tennis player and interested in being part of HRC's ladies travelling team this is for you. Weekly practice time over the Fall/Winter. If interested please contact Miran at Miran@headwatersracquetclub.com.

LIVE BALL:

(2.5-3.5 play level)

Live Ball is a dynamic, fast-paced and enjoyable way to play doubles while rotating 4-6 players on one court. The point play is initiated by the pro with continuous feedback and instruction.

PICKLEBALL:

Pickle Ball is a great way to get active and stay active while enjoying the fastest growing sport in Ontario. A fun and social sport, it is a combination of tennis, ping pong and badminton. It is played on a court that is smaller than a tennis court, with smaller racquets and whiffle balls. Players find the sport easy on the body and inclusive of all abilities.

DAYTIME ROUND ROBIN:

(2.5-3.5 play level)

Are you looking for a game but don't have time to organize? Round robins are for you! We will mix and match players so that you get a variety of games over a 2 hour period. A great way to combine competition and social time! Balls are provided by the club. Balls are provided. If interested please contact Lindsay at lindsay@headwatersracquetclub.com.

MEN'S SINGLES:

(4.0+ play level)

This program is designed to provide basket fed and live ball co-operative drills along with competitive singles point play. If interested please contact Mark at mark@headwatersracquetclub.com.

STROKE OF THE WEEK:

Need more power in your backhand? Too many double faults? Can't keep your forehand in the court? Sign up for Stroke-of-the-week! Our pro will give you technical correction for your tennis strokes that will improve your consistency on the courts, and help you look like a pro! Call the Front Desk weekly to reserve your spot!

DOUBLES STRATEGY CLINIC:

(3.0+ play level)

If you are a budding doubles player, this clinic is for you! Learn the basics of playing doubles with emphasis on positioning, communication, court geometry, where to hit the ball, and much more.

MIXED DOUBLES:

(3.5+ play level)

Interested in joining a competitive mixed doubles league on Friday nights with your non-member friends? Well look no further. Introducing Mixed Doubles League to Headwaters Racquet Club! Players will be paired and matched up with compatible players to create fun and competitive matches in a social setting. Play will be supervised by one of our awesome Tennis Pros. Don't have a partner? We will find you one. All you need to do is sign up, show up and we'll take care of the rest! Balls are provided. If interested please contact Charles at Charles@headwatersracquetclub.com.