

ADULT TENNIS SCHEDULE

Schedule Effective: September 20, 2021

Drop-In Program

Registered Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning						8:30-9:30AM Cardio Tennis All levels Ashley	
	9:30-10:30AM Drills & Skills Clinic (3.0+ level) 1 court - Mark	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 & Mark	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 - Miran
	10:30-11:30AM Adult Learn2Play TENNIS All levels 1 court - Mark						
Afternoon/Evening				12:30-2:30PM Daytime Round Robin** (2.5-3.5 play level) 4 courts - Lindsay			
	5:30 - 6:30PM Cardio Tennis All levels Louise						
			6:30-8:30PM Live Ball (2.5-3.5 level) 2 courts – Miran & John	6:30-7:30PM Adult Learn2Play TENNIS All levels 1 court - John		6:30-8:30PM Mixed Doubles** (3.5+ level) 4 courts - Miran	
				7:30-9:30PM Men's Singles** (4.0+ level) 3 courts - Mark			

Pricing:
Drills & Skills Clinic: M \$21/NM \$34
Adult Learn2Play (Tennis): M \$200/NM \$240 (8 Weeks)
Adult Learn2Play (Pickleball): M \$90/NM \$120 (6 Weeks)
Cardio Tennis: M FREE/NM \$20/WNPT\$20
Diamond League: M \$13/NM n/a
Ladies Team Practice: M \$30/NM n/a
Live Ball: M \$360/NM \$480 (12 Weeks)
Daytime Round Robin: M \$13/NM n/a
Men's Singles: M \$17/hr/NM n/a
Stroke of the Week: M \$21/NM \$34
Mixed Doubles: M \$21/NM \$34
 *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](https://www.headwatersracquetclub.com)
 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!

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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 (TENNIS):

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!

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.

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!

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.