

**ADULT TENNIS SCHEDULE**

Schedule Effective: January 9, 2023

Drop-In Program

Registered Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Morning</b>		<b>8:30-9:30AM Tennis Bootcamp</b> (3.0+ level) 1 Court - Mark					
	<b>9:30-11:30AM Ladies Diamond League**</b> (3.0+ level) 3 Courts - Lindsay	<b>9:30-11:30AM Ladies Team Practice**</b> A Team Miran & Mark	<b>9:30-11:30am Pickleball Social Play</b> All Levels 2 Pickleball Courts	<b>9:30-10:30AM Cardio Tennis</b> All levels Mark	<b>9:30-10:30AM Stroke of the Week</b> All levels 1 Court - Mark		<b>9:30-11:30AM Pickleball Social Play</b> All Levels 2 Pickleball Courts
	<b>12:30-2:30PM Pickleball Social Play</b> Competitive Level 4 Pickleball Courts			<b>12:30-2:30PM Daytime Round Robin**</b> (2.5-3.5 play level) 3 Courts - Lindsay			<b>11:00-12:00PM Adult Learn2Play TENNIS</b> Beginner 1 Court – Miran
<b>Afternoon/Evening</b>		<b>4:30 – 5:30PM Pickleball 101</b> 1 Pickleball Courts - Corey		<b>5:30 – 6:30PM Pickleball 101</b> 2 Pickleball Courts - Corey	<b>5:30-6:30PM Cardio Tennis</b> All levels Ashley		
		<b>6:30-8:00PM Live Ball</b> (2.5-3.5 level) 2 Courts – Miran & John		<b>6:30 – 7:30PM Pickleball 102</b> 2 Pickleball Courts - Corey		<b>6:30-8:30PM Mixed Doubles**</b> (3.5+ level) 4 Courts - Miran	
	<b>7:30-8:30PM Adult Learn2Play TENNIS</b> Beginner 1 Court - John	<b>8:30-9:30PM Drills &amp; Play-Pickleball -</b> Intermediate 1 Pickleball Courts- Corey		<b>7:30-9:30PM Competitive Singles 4.0**</b> 3 Courts - Mark	<b>7:30-9:30PM Pickleball Social Play</b> All levels 4 Pickleball Courts		

**Drop In Program Pricing:**  
**Tennis Bootcamp: M \$22/NM \$32**  
**Cardio Tennis: M FREE/NM \$20/WNPT or BASIC \$20**  
**Diamond League: M \$13/NM n/a**  
**Ladies Team Practice: M \$31/NM n/a**  
**Daytime Round Robin: M \$13/NM n/a**  
**Competitive Singles: M \$20/hr/NM n/a**  
**Stroke of the Week: M \$22/NM \$32**  
**Mixed Doubles: M \$22/NM \$32**

**Registered Program Pricing:**  
 Please see our Program Guide or visit our website for pricing for all registered programming highlighted in dark grey  
 \*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!

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](mailto:racquets@headwatersracquetclub.com).

## **ADULT TENNIS SCHEDULE**

Schedule Effective: September 19, 2022

### **TENNIS BOOTCAMP:**

(3.0+ play level)

Can you handle it? One hour of intense drills that will get your thighs burning and your heart pumping while improving your movement on the court. Tennis skills required. Call Front Desk to reserve your spot in the class!

### **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 introduction to tennis and a great opportunity to 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](mailto:Miran@headwatersracquetclub.com).

### **LIVE BALL:**

(1.5-3.5 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](mailto:lindsay@headwatersracquetclub.com).

### **COMPETITIVE SINGLES 4.0:**

(4.0+ play level)

This program is for player's who are looking for advanced singles match play. Matches will be arranged by the pro and balls are provided. If interested please contact Mark at [mark@headwatersracquetclub.com](mailto: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 Miran at [Miran@headwatersracquetclub.com](mailto:Miran@headwatersracquetclub.com).

### **PICKLEBALL SOCIAL PLAY:**

Pickle Ball is a great way to get active and stay active while enjoying the fastest growing sport in North America. 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.

### **PICKLEBALL 101:**

(Beginner)

Whether you have just heard about pickleball or just played it a couple of times, this is the best way for you to ensure that your game is getting off on the right foot. This program will introduce, reinforce and improve your understanding of pickleball concepts, strokes, and strategies. The goal of this program will be to ensure that you are comfortable with all aspects of the game, and able to compete in a gameplay environment.

### **PICKLEBALL 102:**

(Beginner + )

If you have been playing for a year or 10 years, if you are looking to take that next step in your game, then 102 is for you. This is the next step in our pickleball programming. This program session will build upon the concepts, skills, and strategies that were introduced in 101 or that you have acquired through your pickleball experience. The goal of this program is to help you recognize your potential and focus on improving the quality of the strokes/shot that you are already executing.

### **PICKLEBALL DRILLS & PLAY**

(Intermediate/Advance)

During the first hour, you will be introduced to drills meant to improve your performance when attempting this difficult but strategically important shot. The remaining 30 minutes will be monitored gameplay.