



Elementary School Programs 2022 2023

Headwaters
FITNESS ± RACQUET CLUB

P. (519) 942-BALL (2255)
headwatersracquetclub.com

HRC has been partnering with schools in Dufferin County for over 10 years by helping teachers implement our tennis program into their yearly Phys Ed. plan. Students are introduced to a fun, active sport that is sure to make a great addition to their school day. The best part is that tennis meets and exceeds the Health and Physical Activity standards set in the strand A and B portion of the Ontario Curriculum.

Benefits of HRC Programs:

Fitness Programs

We offer a variety of fitness programs for youth. Programs include:

- Circuit Training
- Speed, agility and Quickness Training
- Zumba Kids Classes

All of our fitness programs will give students a great workout and an opportunity to train with state-of-the-art equipment.

Tennis Programs

HRC's progressive tennis program will have kids playing and enjoying tennis in no time! The following measures are used to set students up for success and allow them to develop the skills needed to play:

- Small and or modified courts
- Lighter racquets
- Classes taught by a Tennis Canada certified Tennis Instructor

Pickleball Programs

Students will have fun learning the basic skill sets of playing pickleball such as:

- Proper Technique
- Rules
- Scoring
- Strategy
- Shot Development

Benefits of Our Programs

- Increases fitness levels
- Improves balance and agility
- Improves hand eye coordination
- Minimal equipment required
- Meets and exceeds the Health and Physical Activity standards set in the Ontario Curriculum



Elementary School Programs: HRC Will Come to You!

Tennis for a Toonie

Are you looking for ways to engage your students, and offer a new sport to your Phys Ed. plan this year?

We've got you covered!

A certified Tennis Professional from HRC will come to your school, teach your class a 50-minute tennis lesson in the school gym, and bring all the equipment needed for **ONLY \$2 per student!**

Cost: \$2.00/student (minimum of 16 per class)

Grade Level: Students in grade one and up would be best suited for this program.

Want to Come to HRC?

Choose an HRC program and get your students active!

Option #1:

Tennis and Fitness

Students will get moving with one hour of fitness and one hour of progressive tennis.

Cost: \$15.00/student incl. tax
(minimum 15 students maximum 50 students)

Option #2:

Tennis, Pickleball and Fitness

Students see everything HRC has to offer in this 3-hour program.
55 min each of squash, tennis and fitness.

Choose your fitness program:

Zumba Kids

Kids S&C

Cost: \$20.00/student incl. tax
(minimum 15 students maximum 50 students)

Fitness Options

Zumba Kids:

Zumba Kids is a specially designed Zumba class for children at a recommended age group of 4-12. With Kid friendly songs, dance and action, it promotes physical activity in a fun active way designed for both boys and girls.

Kids S&C:

In these hour-long classes, we will be emphasizing fun and the importance of lifelong fitness to harness a positive relationship with strength and conditioning.

HRC's School Programs:

Meet our Team



LINDSAY PHILLIPS
Racquets Administrator



MIRAN CEHAJIC
Head Tennis Pro



TYLER ROBBINS
Fitness Director

What are you waiting for? Let us make your job a little bit easier

1. Check out our programs
2. Choose which program works best for your school
3. Give us a call or send us an email to book

Schedule

AT YOUR SCHOOL:

Dates and times that work for your schedule

AT THE CLUB:

Monday-Wednesday 11:30am-2:30pm

*minimum 15 students maximum 50 students

**suitable for junior and intermediate grades

We will make every effort to tailor our programs to suit the needs of your group, just let us know what we can do upon booking. We ask that you provide 4-6 weeks' notice to ensure we can accommodate your group.

Our location

205467 County Road 109

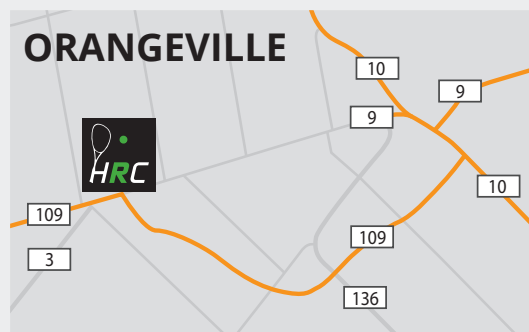
Amaranth, Ontario

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Located at Broadway & Riddell

