



JUNIOR

Tennis Programs

**2023
2024**

Headwaters
FITNESS ± RACQUET CLUB

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



Welcome to **THE HRC TENNIS PROGRAM!**

Welcome to tennis at Headwaters Fitness & Racquet Club! I would like to take the opportunity to thank you for choosing HRC as the home for your child's tennis development.

HRC welcomes players of all ages and abilities to join our programs. Our goal at HRC is to provide our athletes with a safe and fun learning environment, where we provide quality instruction focused on encouraging and motivating our athletes to be their best selves.

Our remarkable team of Tennis Canada Certified Tennis Professionals will work with your children to improve on the skills they currently have, or will be there to teach them from the ground up! We offer a variety of classes for all ages and levels as well as private lessons to help take their game to the next level.



We are very excited to meet and work with you and your children. We look forward to teaching them the great game of tennis and promise you an exciting year ahead.

Sincerely,

Miran Cehajic
Head Tennis Professional

519-942-2255
miran@headwatersracquetclub.com



The HRC Junior **TENNIS PROGRAM**

At HRC, tennis begins at the age of 4 with our Tiny Tennis program. We have programs for athletes of all ages and levels and look forward to seeing you on the court!

We offer 3 streams of tennis: **Recreational**, **Select**, and **High Performance**. Each stream has a different commitment level.

RECREATIONAL TENNIS is our introduction to tennis. No experience is required for our recreational stream. There is a shorter season and practice time offered in this stream.

SELECT TENNIS is a step up from Recreational, and is a preview to what you can expect in our High Performance stream. This is a full season (10 month) commitment, with a requirement to compete in a minimum of 2 OTA tournaments throughout the season.

HIGH PERFORMANCE TENNIS is our most competitive stream with the biggest time commitment. This is a full season (10 month) commitment, with a requirement to compete in a minimum of 4 OTA tournaments throughout the season.

RECREATIONAL TENNIS

- Time Commitment: 1-2 hours per week
- Season Length: 4 months (sessions begin in September, January, and April)
- No experience required

SELECT TENNIS

- Time Commitment: 3.5-5.5 hours per week
- Season Length: 10 months (September to June)
- Tournaments: Minimum 2 OTA tournaments
- Participation in Tennis Clubs of Canada League for Academy Select Athletes (travel required)
- Experience is required. Must be approved by Head Tennis Pro to participate
- Travel may be required

HIGH PERFORMANCE TENNIS

- Time Commitment: 6 hours per week
- Season Length: 10 months (September to June)
- Tournaments: Minimum 4 OTA tournaments
- Participation in Tennis Clubs of Canada League
- Experience is required. Must be approved by Head Tennis Pro to participate
- Travel is required

Recreational **TENNIS**

Our Recreational Tennis programs are a great way to get into tennis and learn the sport. They are also the perfect fit for anyone who wants to play tennis but may not want the commitment of our competitive streams. Our recreational programs run for 1-2 hours each week during a 4 month season. Seasons start in September, January, and April. No experience is required, and we provide the racquets if needed! Recreational athletes can register for programming according to their age, with programs starting for athletes as young as age 4. Program offerings are noted below.

PROGRAM	DAY	TIME
Tiny Tennis (Ages 4-5)	Monday	4:30pm to 5:30pm
Red Ball (Ages 6-7)	Monday	5:30pm to 6:30pm
	Saturday	8:30am to 9:30am
Orange Ball (Ages 8-9)	Wednesday	4:30pm to 5:30pm
	Saturday	9:30am to 10:30am
Green Ball (Ages 10-12)	Wednesday	5:30pm to 6:30pm
	Saturday	10:30am to 11:30am
Teen Tennis (Ages 13+)	Tuesday	5:30pm to 6:30pm
	Saturday	11:30am to 12:30pm
Junior Academy	Friday	4:30pm to 6:30pm

Select **TENNIS**

Our Select Tennis programs are an introduction to our competitive stream. They are the perfect fit for any athlete looking to take their tennis to the next level. Our Select Tennis programs run for 3.5 to 5.5 hours each week during a 10 month season. A fitness component is included in the programming and will take place during on court hours. Seasons start in September and end in June. Athletes will be required to compete in a minimum of 2 OTA tournaments over the course of the season. Previous tennis experience is required. Athletes looking to enter the Select Tennis stream, require approval from the Head Tennis Pro. All Select Tennis athletes will be provided with a t-shirt and additional HRC swag.

Athletes will play twice a week on Tuesday & Thursday.

PROGRAM	DAY	TIME
Red Ball Select	Tuesday	4:30pm to 5:30pm
	Thursday	4:30pm to 5:30pm
Orange Ball Select	Tuesday	4:30pm to 5:30pm
	Thursday	4:30pm to 5:30pm
Green Ball Select	Tuesday	4:30pm to 5:30pm
	Thursday	4:30pm to 5:30pm
Academy Select	Tuesday	5:30pm to 7:30pm
	Thursday	5:30pm to 7:30pm
Select Match Play*	Saturday	2:30pm to 4:30pm

*Select Match Play is included in all Select Tennis programs. This is a great opportunity for athletes to put what they've learned during lessons to action, and help prepare them for tournaments. Match play will be supervised by one of our pros, who will offer support during the matches. **Match Play Schedule will be provided early October.**



High Performance **TENNIS**

Our High Performance Tennis program is the highest level of junior tennis at HRC. This stream is the perfect fit for any athlete who has grown through the Select Tennis Stream and wants to further their tennis playing abilities. Exceptions will be made for athletes not in the Select Stream who show the required skill level and commitment for the program. Our High Performance Tennis programs run for 6 hours each week during a 10 month season. Each week athletes will have 4 hours of tennis instruction, and 2 hours of fitness training (fitness will take place in the S&C gym). The High Performance Tennis season starts in September and ends in June. Athletes will be required to compete in a minimum of 4 tournaments over the course of the season. Previous tennis experience is required. Travel is also required. Athletes looking to enter the High Performance Tennis stream, require approval from the Head Tennis Pro. All High Performance Tennis athletes will be provided with a t-shirt, additional HRC swag and walk-on privileges (conditions apply).

PROGRAM	DAY	TIME
High Performance	Monday	5:30pm to 7:30pm
	Wednesday	5:30pm to 7:30pm
Strength & Conditioning	Monday	7:30pm to 8:30pm
	Wednesday	7:30pm to 8:30pm



Junior Assessment NIGHT

If you are new to competitive tennis at HRC, and are interested in joining our Select or High Performance tennis streams, we host a junior assessment night to help determine which program is the right fit for your athlete. Assessments generally take about 15 minutes, and will be conducted by our tennis pros. If you are currently in the Select Stream, and wanting to move to our High Performance Stream, please contact our Head Pro, Miran.

Our Select Junior Assessment night will take place on **THURSDAY JULY 27 – 5:30 PM– 7:30 PM**

If you are interested in booking a time for an assessment please email racquets@headwatersracquetclub.com.

Athletes will be informed of which program to register for following their assessment. Registration can take place online or through our front desk.

Private LESSONS

Private lessons are a great opportunity for athletes looking for one on one individual instruction with our pros. Lessons are great for anyone who wants to push their game further, fine tune a specific skill or for anyone wanting to gain more confidence in their game. Private lessons are available with all of our tennis professionals and are a minimum of one hour in length. We also offer options for semi-private and small group lessons. A breakdown of our private lesson fee is listed below. Please note, court and guest fees (if applicable), and taxes are charged in addition to the lesson fee.

TENNIS PROFESSIONAL	LESSON TYPE	HOURLY LESSON FEE
Miran Cehajic, Head Tennis Pro	Private	\$77.00
	Semi-Private (two people)	\$57.00/person
	Small Group (3+ people)	\$47.00/person
Mark Taylor, Senior Tennis Pro	Private	\$72.00
	Semi-Private (two people)	\$52.00/person
	Small Group (3+ people)	\$42.00/person
Tennis Pro	Private	\$67.00
	Semi-Private (two people)	\$47.00/person
	Small Group (3+ people)	\$37.00/person

Private lessons are available based on the availability of the pros. If you are interested in a private lesson, please email our Racquets team at racquets@headwatersracquetclub.com to get started!

More Tennis Fun at **HRC!**

At HRC, we also offer other options for children to get involved in tennis.

PARENT & TOI TENNIS

Ages 2-4

Parent participation required

Take part in the development of your child's social, motor and play skills while having a great time learning the fun of hitting a tennis ball. Tennis is the focus, but you will also take part in the joy of throwing, running and hitting the ball with your child. Lower nets, low compression balls, and racquets that fit into your child's hands will be provided.

SUMMER TENNIS CAMP

Ages 7-12 | Tennis experience required

HRC Tennis Camp is the perfect mix of match play and drill work, to ensure players are always challenged. We will pair our tennis focus with multisport activities so that campers can also enjoy a variety of sports, traditional camp games, and recreational activities. Campers will be on court 4 hours each day.

HRC ELITE TENNIS CAMP

Participation by Invite Only

This elite athlete high-performance development camp is led by our Head Tennis Pro Miran Cehajic and Senior Tennis Pro Mark Taylor and is ideal for our High Performance athletes. Development camp includes:

- 25 hours on-court coaching, including drills and match play
- Video analysis
- Daily Strength & Conditioning Sessions
- HRC Swag

Tennis **TOURNAMENTS**

For our Select and High Performance athletes, there is a requirement to participate in various OTA tournaments throughout the season. Tournaments are held both locally (at HRC) and throughout the province. Our racquets department will work with parents and athletes to determine which tournaments are the best fit for the athlete to participate in. All athletes are required to be members of the Ontario Tennis Association in order to compete in tournaments. For a glimpse into the tournament opportunities currently available, please visit:

<https://www.tennisonario.com/>

Competitive League **PLAY**

Our High Performance and Academy Select athletes will participate in the Tennis Clubs of Canada Junior League, which consists of teams from clubs throughout the GTA. These clubs include Newmarket, Barrie, Thornhill, Aurora, Markham and Bayview. Players compete for their home clubs. There are several divisions to compete in starting at D3 (lowest level) to D1 (highest level) and in the U12 to U18 age categories. Matches are primarily played on the weekends. The regular season runs from January to April followed by a weekend playoffs in April. The cost per match is \$20/player. For more information please contact Miran at miran@headwatersracquetclub.com.



2023–2024 Program FEES & DATES

TENNIS STREAM	PROGRAM	DAY	FALL	WINTER	SPRING
Recreational	Tiny Tennis	Monday	M:\$240 NM:\$300	M:\$220 NM:\$275	M:\$160 NM:\$200
	Red Ball	Monday	M:\$240 NM:\$300	M:\$220 NM:\$275	M:\$160 NM:\$200
		Saturday	M:\$200 NM:\$250	M:\$200 NM:\$250	M:\$180 NM:\$225
	Orange Ball/Green Ball	Wednesday	M:\$286 NM:\$351	M:\$264 NM:\$324	M:\$198 NM:\$243
		Saturday	M:\$220 NM:\$270	M:\$220 NM:\$270	M:\$198 NM:\$243
	Teen Tennis	Tuesday	M:\$286 NM:\$351	M:\$264 NM:\$324	M:\$198 NM:\$243
		Saturday	M:\$220 NM:\$270	M:\$220 NM:\$270	M:\$198 NM:\$243
Junior Academy	Friday	M:\$540 NM:\$600	M:\$495 NM:550	M:\$405 NM:\$450	
Select	Red/Orange/Green Ball Select	Member: \$2,500		Non-Member: \$2,850	
	Academy Select	Member: \$4,000		Non-Member: \$4,350	
High Performance	High Performance	Member: \$4,600 (*Must be HRC Member to join HP)			

*Payment plan options are available for our Select and High Performance Streams

SESSION	START DATE	END DATE	NO CLASSES
Fall	Week of September 25th **Select + HP begins week of Sept 18th**	Week of December 18th	October 7, October 9 November 10, November 11 December 23
Winter	Week of January 8th	Week of April 1st	February 17, February 19 March Break 9-15 March 29, March 30
Spring	Week of April 3rd	Week of June 5th	May 18, May 20

What is Included in Your FEES

TENNIS STREAM	WHAT'S INCLUDED IN YOUR FEE	ADDITIONAL COSTS
Recreational	<ul style="list-style-type: none"> Weekly group tennis lessons End of Session Report Card 	<ul style="list-style-type: none"> n/a
Select	<ul style="list-style-type: none"> Weekly group tennis lessons Select Match Play (starting in October) HRC Heat T-shirt and swag 	<ul style="list-style-type: none"> Tournament entry fees OTA membership fee (if applicable)
High Performance	<ul style="list-style-type: none"> Weekly group tennis lessons Weekly Strength and Conditioning Classes Walk-On privileges HRC Heat T-shirt and swag 	<ul style="list-style-type: none"> Tournament entry fees OTA membership fee (if applicable)

Stay Connected



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