



**20** FALL  
**23** Programs

**Headwaters**  
FITNESS ± RACQUET CLUB

(519) 942-2255

[headwatersracquetclub.com](http://headwatersracquetclub.com)





# Adult PROGRAMS

## TENNIS: LEARN2PLAY - BEGINNER:

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 beginner tennis 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 beginning players to set up games with!

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 30-Dec 15	11:00am-12:00pm	\$210.00	\$260.00

## TENNIS: 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.

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Sep 26-Dec 19	6:30pm-8:00pm	\$409.50	\$604.50
Sa	Sep 30-Dec 15	9:30am-11:00am	\$315.00	\$465.00

## TENNIS: PARENT & TOT:

Spend some quality time with your little one on the tennis court. Share in your child's delight as they learn their first sport. This 30 minute class will consist of activities that encourage and develop hand/eye co-ordination in a fun and engaging way. You will be surprised how fast little children can learn the game of tennis when they use smaller and lighter equipment designed especially for them. No need to buy equipment, we provide it! **Ages: 2.5-4 yrs**

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 25-Dec 18	12:00pm-12:45pm	\$204.00	\$264.00

## PICKLEBALL: BEGINNER LEARN 2 PLAY:

**Skill Level - None/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.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 28-Nov 2	5:30pm-6:30pm	\$138.00	\$168.00
Th	Nov 16-Dec 21	5:30pm-6:30pm	\$138.00	\$168.00

## PICKLEBALL: INTERMEDIATE+ LEARN 2 PLAY:

**Skill Level - Early Intermediate (2.5 - 3.0)**

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.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 28-Nov 2	6:30pm-7:30pm	\$138.00	\$168.00
Th	Nov 16-Dec 21	6:30pm-7:30pm	\$138.00	\$168.00

## SQUASH: ADULT HOUSE LEAGUE:

You are guaranteed good matches and good fun! Players are placed in divisions at their appropriate level, and matches are all pre-arranged using Skycourt software. Players will have one match per week. We have a division shuffle half way through, and two week's of play-offs.

DAY	DATES	TIME	MEMBER	NON MEM.
We	Sep 27-Dec 6	5:15pm-9:30pm	\$20.00	N/A

\*Golf clinics starting in November - TBA

\*Drop in sessions for other various tennis programs are available, contact Front Desk or racquets@headwatersracquetclub.com



# Junior PROGRAMS

## JUNIOR PICKLEBALL LEARN 2 PLAY: FUNDamentals (8-12 years)

Come learn the fastest growing sport in North America! This program will focus is on developing a wide range of movement, balance, and object control skills; basic sport skills include grip, stance, ball control, serves, ground strokes, volleys, net shots, and footwork. Each week we will work on a different skill to help improve their pickleball awareness. Following skill development there will be game play suited to the abilities of the participants.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 28-Nov 2	4:30pm-5:30pm	\$138.00	\$168.00
Th	Nov 16-Dec 21	4:30pm-5:30pm	\$138.00	\$168.00

## JUNIOR SQUASH:

Learn the game of squash in a fun and interactive way. The focus is on learning all the basics of squash, such as grip, basic shots, positioning and general rules of play and then developing to game play with piecing together rallies, developing an accurate serve and movement!

### AGES: 8-12 YRS

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Sep 26-Dec 19	5:15pm-6:00pm	\$234.00	\$273.00

### AGES: 12+ YRS

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Sep 26-Dec 19	6:00pm-6:45pm	\$234.00	\$273.00

All Youth Fitness Classes are included in Family Memberships and Youth Memberships. Members with children 12 and under receive Member pricing.

## KIDS S&C (STRENGTH & CONDITIONING): Welcome to Headwaters Strength & Conditioning for Kids!

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.

This instructor-led class will start with a fun game or warm-up, followed by an instruction session, emphasizing the importance of good form and full range of motion. We break every primary movement down into its components to properly teach the class participants how to lift, press, squat, hinge, and carry.

Classes will consist of; weightlifting instruction, to emphasize how to properly lift weights, gymnastics training or bodyweight exercise (push-ups, jumps, squats, etc.) to improve coordination and balance, and cardiovascular training or metabolic conditioning to increase the efficiency of the heart and lungs. **Ages: 8-12 yrs**

### AGES: 8-10 YRS

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 30-Dec 16	8:00am-9:00am	\$180.00	\$216.00

### AGES: 11+ YRS

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 30-Dec 16	9:00am-10:00am	\$180.00	\$216.00

## KIDS YOGA:

Kids yoga will strengthen your child's body through basic and challenging yoga poses and playing fun yoga games. Each week they will learn mindfulness activities, useful breathing exercises, and relaxation/visualization techniques that are themed and fun. No Experience Required. **Ages: 5-12 yrs**

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 25-Dec 18	4:15pm-5:15pm	\$180.00	\$216.00

\*Golf clinics starting in November - TBA



## KIDS NIGHT OUT:

Would you like to go out for dinner or relax? Or do whatever you wanted with 3 kid-free hours? Sign your kids up for our Kids Night Out program. Your kids will have a blast participating in games, dinner, and fun activities. Kids Night Out includes: dinner and evening snack, active games, themed activities, super fun staff and more!

**Ages: 4-12**      **Hours: 5:30pm–8:30pm**

DAY	DATES	THEME	MEMBER	NON MEM.
Fr	September 29	Movie Night	\$35.00	\$40.00
Fr	October 27	Halloween	\$35.00	\$40.00
Fr	December 15	Christmas	\$35.00	\$40.00

DAY	DATES	THEME	MEMBER	NON MEM.
Fr	February 16	Valentine's Day	\$35.00	\$40.00
Fr	April 26	Champion/Courts	\$35.00	\$40.00
Fr	May 17	Arts Night	\$35.00	\$40.00

## DAY CAMP:

Our HRC camps are filled with games, sports, instruction from our Trainers & Pros, LUNCHES, SNACKS & more. Some of our programs include visits from special guests and local sport enthusiasts. Appropriate dress is advised as campers will participate in outdoor activities daily. We are a nut aware camp!

**Ages: 4-12**      **Camp Hours: 8:30am–4:30pm**



## PD DAY CAMP:

Check out our PD Day Camps! Come for a fulfilled day of sports, crafts, fitness and themed days with our awesome camp staff and Pros! Snacks and Lunch are included!

DATES	TIME	MEMBER	NON MEM.
Monday Sept. 18	8:30am- 4:30pm	\$63.00	\$73.00
Friday October 27	8:30am- 4:30pm	\$63.00	\$73.00
Friday November 24	8:30am- 4:30pm	\$63.00	\$73.00
Friday January 26	8:30am- 4:30pm	\$63.00	\$73.00
Friday April 19	8:30am- 4:30pm	\$63.00	\$73.00
Friday June 7	8:30am- 4:30pm	\$63.00	\$73.00
Friday June 28	8:30am- 4:30pm	\$63.00	\$73.00

(No Tax)

## MARCH MADNESS DAY CAMP:

HRC's March Madness camp is a great way to bust boredom! The "Madness" begins on Monday and ends on Friday with daily games, outdoor activities, daily tennis lessons and much more. Each day is themed so check out our online itineraries for more details.

DATES	TIME	MEMBER	NON MEM.
Mar 11-Mar 15	8:30am- 4:30pm	\$315.00	\$365.00

(No Tax)

### Camp Cancellation Policy for weekly camps and PD day camps:

- If canceling 7 days from enrollment date, 100% refund provided
- If canceling 10+ days before start date (8+ days after enrollment date), 15% administration fee will be charged
  - **85% refund if cancelling 10+ days before camp**
- If canceling less than 10 days before start date, 50% administration fee will be charged
  - **50% refund if cancelling within 10 days of camp starting**
- If canceling once camp has started NO refunds are provided

*Administration fees are charged due to food orders, activities, supplies, ect. already being ordered for all campers enrolled.*