



**20** **SPRING**  
**24** Programs

**Headwaters**  
FITNESS ± RACQUET CLUB

(519) 942-2255

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





# Adult PROGRAMS

No Classes: May 18th and May 20th (Victoria Day)

## 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	Apr 13-Jun 8	11:00am-12:00pm	\$168.00	\$208.00

## 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	Apr 9-Jun 4	6:30pm-8:00pm	\$189.00	\$279.00
Th	Apr 11-Jun 6	7:30pm-9:00pm	\$189.00	\$279.00
Sa	Apr 13-Jun 8	9:30am-11:00am	\$168.00	\$248.00

## PICKLEBALL: ADULT BEGINNER: 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	Apr 11-May 30	5:30pm-6:30pm	\$184.00	\$224.00

## PICKLEBALL: ADULT INTERMEDIATE+: 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	Apr 11-May 30	6:30pm-7:30pm	\$184.00	\$224.00

## PICKLEBALL: DRILLS AND PLAY:

During the first hour, you will be introduced to weekly drills meant to improve your performance. These drills will be taught by certified Pickleball Pro, and will follow a pre planned weekly schedule. The remaining hour will be self facilitated gameplay. Our pro will set the group up to play fun matches, integrating skills taught.

*\*These sessions require weekly sign up, done through our Front Desk – price is reflective of single session. Refer to schedule of weekly drills, and sign up accordingly.*

Players bring own paddle. Paddles available to purchase or rent.

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Apr 9-Jun 4	1:30pm-3:30pm	\$22.00	\$25.00

## 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	Apr 3-May 29	5:15pm-9:30pm	\$20.00	N/A

\*Email [racquets@headwatersracquetclub.com](mailto:racquets@headwatersracquetclub.com) for registration details



# Junior PROGRAMS

No Classes: May 18th and May 20th (Victoria Day)

## JUNIOR TENNIS:

Refer to tennis program guide for Junior Tennis Lessons

## JUNIOR PICKLEBALL LEARN 2 PLAY:

**FUNDamentals: Ages 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	Apr 11-May 30	4:30pm-5:30pm	\$184.00	\$224.00

## KIDS YOGA:

**Ages 5-12 years**

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

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 8-Jun 3	4:15pm-5:15pm	\$120.00	\$144.00

**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	Apr 13-Jun 8	8:00am-9:00am	\$120.00	\$144.00

### AGES: 11+ YRS

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Apr 13-Jun 8	9:00am-10:00am	\$120.00	\$144.00



## 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	April 26	Games Night	\$35.00	\$40.00

DAY	DATES	THEME	MEMBER	NON MEM.
Fr	May 31	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**

**LUNCHES & SNACKS INCLUDED!**  
**GLUTEN FREE OPTIONS AVAILABLE!**

## PD DAY CAMP:

Check out our PD Day Camps! Come for a funfilled 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.
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

## SUMMER CAMP:

Summer Camp Registration will open to all members and non members **Friday March 1st at 9:00am**. Refer to our website for details regarding the **9 weeks of camp** HRC is offering this 2024 summer season!

### 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.*