



20 **SUMMER**
24 Programs

Headwaters
FITNESS ± RACQUET CLUB

(519) 942-2255 headwatersracquetclub.com





Adult PROGRAMS

PICKLEBALL: ADULT 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.
Tu	Jun 18-Aug 27	4:30pm-5:30pm	\$253.00	\$308.00

PICKLEBALL: ADULT INTERMEDIATE+:

Skill Level - Early Intermediate (2.5 - 3.0)

If you have been playing for 1 year or longer, and looking to take that next step in your game, then Intermediate+ is for you, as this is the next step in our pickleball programming. This program session will build upon the concepts, skills and strategies that were introduced in Learn 2 Play pickleball session or that have been 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.
Tu	Jun 18-Aug 27	5:30pm-6:30pm	\$253.00	\$308.00

PICKLEBALL: ADULT ADVANCED:

Skill Level - Advanced

If you are looking to take your pickleball game to the next level, through attending competitions and playing competitive matches, then this is the program for you! Advanced pickleball will focus on perfecting already learned technique and skills. This session will focus on strategies to challenge your opponent, in hopes of making you undefeatable on the courts!

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Jun 18-Aug 27	6:30pm-7:30pm	\$253.00	\$308.00

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	Jun 18-Aug 27	3:30pm-5:30pm	\$22.00	\$25.00



Junior PROGRAMS

JUNIOR 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.

RED BALL: Ages: 6-7 yrs

DAY	DATES	TIME	MEMBER	NON MEM.
We	Jun 19-Aug 28	4:30pm-5:30pm	\$220.00	\$275.00

ORANGE BALL: Ages: 8-9 yrs

DAY	DATES	TIME	MEMBER	NON MEM.
We	Jun 19-Aug 28	5:30pm-6:30pm	\$242.00	\$297.00

GREEN BALL: Ages: 10-12 yrs

DAY	DATES	TIME	MEMBER	NON MEM.
We	Jun 19-Aug 28	5:30pm-6:30pm	\$242.00	\$297.00

TEEN TENNIS: Ages: 13+

DAY	DATES	TIME	MEMBER	NON MEM.
We	Jun 19-Aug 28	6:30pm-7:30pm	\$242.00	\$297.00

JUNIOR TENNIS ACADEMY:

DAY	DATES	TIME	MEMBER	NON MEM.
We	Jun 19-Aug 28	7:30pm-9:00pm	\$371.25	\$445.50

JUNIOR CARDIO TENNIS: Ages: 8-12 yrs

All Levels: No class: July 2

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 a perfect recipe for fun and fitness. Racquets are provided and no tennis experience is required!

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Jun 18-Aug 20	11:30am-12:30pm	\$220.00	\$250.00

TEEN TENNIS 1: Ages: 13+

No class: July 2

Designed specifically for teenagers looking to try tennis for the first time, Teen Tennis 1 offers a dynamic and fun environment where players are introduced to the basics of the game. Classes focus on all aspects of the game including strokes, footwork, strategy, rules, scoring and point play.

Led by experienced tennis instructors, players have the opportunity to build confidence, make friends, and foster a lifelong love for the game of tennis.

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Jun 18-Aug 20	12:30pm-1:30pm	\$240.00	\$270.00

TEEN TENNIS 2: Ages: 13+

No class: July 4

Teen Tennis 2 is designed for teenagers with previous tennis experience. Participants should have the ability to rally from the baseline, and serve with some consistency when playing points. Players will have the opportunity to build upon their existing skills, develop a deeper understanding of the game, and prepare for more competitive play if desired.

Led by experienced tennis instructors, players have the opportunity to build confidence, make friends, and foster a lifelong love for the game of tennis.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Jun 20-Aug 22	12:30pm-1:30pm	\$240.00	\$270.00

Junior PROGRAMS Cont'd...

JUNIOR HIGH PERFORMANCE

TENNIS: No class: July 4

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).

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Jun 20-Aug 22	4:30pm-6:30pm	\$400.00	\$550.00

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.
We	Jun 19-Aug 28	4:30pm-5:30pm	\$253.00	\$308.00

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 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 is now open! Refer to our website for details regarding the **9 weeks of camp + 2 weeks of tennis specific 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.