

ADULT TENNIS SCHEDULE

Schedule Effective: September 23, 2025

Drop-In Program

Registered Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	9:30-11:30AM Ladies Diamond League** (3.0+ level) 3 Courts - Lindsay	10:30-12:30PM Ladies Team Practice** Miran & Mark	9:30-10:30AM Cardio Tennis All levels Miran	9:30-10:30AM Stroke of the Week All levels 1 Court - Mark		9:30-11:00AM Live Ball (2.5-3.5 level) 1 Court – Miran	
						11:00-12:00PM Adult Learn2Play TENNIS Beginner 2 Courts – Miran	
Afternoon/Evening						12:00-1:00PM Adult Learn2Play TENNIS Intermediate 2 Courts – Miran	12:30-1:30PM Stroke of the Week All levels 1 Court - John
							12:30-2:30PM Mixed Doubles** (2.0-3.0 level) 2 Courts - Michael
				5:00-6:00PM Cardio Tennis All levels Mark			
		6:30-8:00PM Live Ball (2.5-3.5 level) 2 Courts – John & Matt			6:30-8:30PM Mixed Doubles** (3.5+ level) 4 Courts - John		
			7:30-9:30PM Competitive Singles 4.0** 3 Courts - Mark	8:00-9:30PM Live Ball (Beginner) 1 Court – John			

Drop In Program Pricing:

Cardio Tennis: M FREE NM/WNPT or BASIC \$20

Diamond League: M \$15.50

Ladies Team Practice: M \$33

Competitive Singles: M \$22/hr

Stroke of the Week: M \$24/NM \$34

Mixed Doubles: M \$24/NM \$34

Registered Program Pricing:

Please see our Program Guide or visit our website for pricing for all registered programming highlighted in dark grey

*All programs subject to applicable taxes.

**All programs with a double asterisks please contact Pro noted on schedule to register

To Register:

1. Visit our [Website](#)
2. Call front desk at 519-942-2255
3. In-Person at Front Desk

Please note: All drop-in and registered programs require a minimum of 4 participants to run. If the minimum requirement is not met within 12 hours of it operating, the class will be cancelled. Don't delay, register today!

Headwaters Racquet Club reserves the right to review and revise the Tennis Schedule. For more information please contact our Racquets Department at racquets@headwatersracquetclub.com.

ADULT TENNIS SCHEDULE

Schedule Effective: October 1, 2023

LADIES DIAMOND LEAGUE:

(3.0+ play level)

Join our in-house competitive women's doubles league and battle it out on the courts each week. Balls are provided.

ADULT LEARN2PLAY (TENNIS):

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 Learn2Play class. You'll learn the basics of the game – grip, scoring, strokes, footwork, court positioning and more. This class is a great introduction to tennis and a great opportunity to meet other players to set up games with! Register online or through front desk.

CARDIO TENNIS:

No tennis experience required! 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 the perfect recipe for fun and fitness!

LADIES TEAM PRACTICE:

If you are a competitive tennis player and interested in being part of HRC's ladies travelling team this is for you. Weekly practice time over the Fall/Winter. If interested please contact Miran at Miran@headwatersracquetclub.com.

LIVE BALL:

(1.5-3.5 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. Register online or through front desk.

SUNDAY MIXED DOUBLES:

(2.0-3.0 play level)

Are you looking for a game but don't have time to organize? Sunday Mixed Doubles are for you! We will mix and match players so that you get a variety of games over a 2 hour period. A great way to combine competition and social time! Balls are provided by the club. Balls are provided. If interested please contact Lindsay at racquets@headwatersracquetclub.com.

COMPETITIVE SINGLES 4.0:

(4.0+ play level)

This program is for player's who are looking for advanced singles match play. Matches will be arranged by the pro and balls are provided. If interested please contact Mark at mark@headwatersracquetclub.com.

STROKE OF THE WEEK:

Need more power in your backhand? Too many double faults? Can't keep your forehand in the court? Sign up for Stroke-of-the-week! Our pro will give you technical correction for your tennis strokes that will improve your consistency on the courts, and help you look like a pro! Call the Front Desk weekly to reserve your spot!

MIXED DOUBLES:

(3.5+ play level)

Interested in joining a competitive mixed doubles league on Friday nights with your non-member friends? Well look no further. Introducing Mixed Doubles League to Headwaters Racquet Club! Players will be paired and matched up with compatible players to create fun and competitive matches in a social setting. Play will be supervised by one of our awesome Tennis Pros. Don't have a partner? We will find you one. All you need to do is sign up, show up and we'll take care of the rest! Balls are provided. If interested please contact John at John@headwatersracquetclub.com.