

HRC's School Programs:

Meet our Team



LINDSAY PHILLIPS
Racquets Administrator



MIRAN CEHAJIC
Head Tennis Pro



TYLER ROBBINS
General Manager

What are you waiting for? Let us make your job a little bit easier

1. Check out our programs
2. Choose which program works best for your school
3. Give us a call or send us an email to book

Schedule

AT YOUR SCHOOL:

Dates and times that work for your schedule

AT THE CLUB:

Monday – Friday 11:30am-2:30pm

*minimum 15 students maximum 50 students

**suitable for junior and intermediate grades

We will make every effort to tailor our programs to suit the needs of your group, just let us know what we can do upon booking. We ask that you provide 4-6 weeks' notice to ensure we can accommodate your group.

Our location

205467 County Road 109

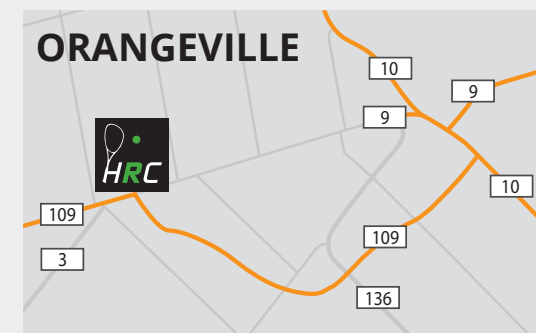
Amaranth, Ontario

L9W 0V1

P. 519.942.2255

info@headwatersracquetclub.com

headwatersracquetclub.com



Located at Broadway & Riddell



25 Elementary 26 School Programs



Headwaters

FITNESS ≠ RACQUET CLUB

(519) 942-2255 headwatersracquetclub.com



HRC has been partnering with schools in Dufferin County for over 10 years by helping teachers implement our racquet and fitness programs into their yearly Physical Education plans. When partnering with HRC, students are introduced to fun, and active sport and fitness programs that are sure to make a great addition to their regular school day.

Benefits of HRC Programs:

Fitness Programs

We offer a variety of fitness programs for youth. Programs include:

- Circuit Training
- Speed, agility and Quickness Training
- Zumba Kids Classes

All of our fitness programs will give students a great workout and an opportunity to train with state-of-the-art equipment.

Pickleball Programs

Students will have fun learning the basic skill sets of playing pickleball such as:

- Proper Technique
- Rules
- Scoring
- Strategy
- Shot Development

Tennis Programs

HRC's progressive tennis program will have kids playing and enjoying tennis in no time! The following measures are used to set students up for success and allow them to develop the skills needed to play:

- Small and or modified courts
- Lighter racquets
- Classes taught by a Tennis Canada certified Tennis Instructor

Benefits of Our Programs

- Increases fitness levels
- Improves balance and agility
- Improves hand eye coordination
- Minimal equipment required
- Meets and exceeds the Health and Physical Activity standards set in the Ontario Curriculum

Elementary School Programs: Programs at **YOUR** school!

We understand that bussing costs and scheduling can be an issue for some schools, and want to give your students the chance to have a fun "HRC experience" from the comfort of your school gym.

We have two HRC programs we can bring to your school to get your students active!

Tennis Option

We will send two certified Tennis Professionals from HRC to your school. They will teach your class a 50 minute tennis lesson in the school gym, and bring all the equipment needed.

Cost: \$100 (taxes included) per class.

Grade Level: Students in grade one and up would be best suited for this program, but we are happy to teach all grades and classes.

Fitness Option

We will send two certified fitness coaches from HRC to your school. In this 50 minute session, our coaches will teach students the importance of lifelong fitness, and living healthy lifestyle, and also run them through a fun workout to get their bodies moving.

Want to **Come to HRC?**

Choose an HRC program and get your students active!

Option #1:

Racquets and Fitness

Students will get moving with one hour of fitness and one hour of progressive tennis or pickleball.

Cost: \$15.00/student incl. tax
(minimum 15 students maximum 50 students)

Option #2:

Tennis, Pickleball & Fitness

Students see everything HRC has to offer in this 3-hour program.
55 min each of pickleball, tennis and fitness.

Choose your fitness program:
Zumba Kids or Kids S&C

Cost: \$20.00/student incl. tax
(minimum 15 students maximum 50 students)

Fitness Options

Zumba Kids:
Zumba Kids is a specially designed Zumba class for children at a recommended age group of 4-12. With Kid friendly songs, dance and action, it promotes physical activity in a fun active way designed for both boys and girls.

Kids S&C:
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.

