



20 FALL 25 Programs

WEDNESDAY AUGUST 13TH: Early Bird Registration for Members Opens at 9:00am
WEDNESDAY AUGUST 20TH: Registration Opens at 9:00am

Headwaters
FITNESS ± RACQUET CLUB

(519) 942-2255 headwatersracquetclub.com





Headwaters.

STRENGTH & CONDITIONING

FIT FOR FALL CHALLENGE

**13 STRAIGHT WEEKS
STARTING MONDAY SEPTEMBER 15TH**

STRENGTH & CONDITIONING: FIT FOR FALL CHALLENGE

This 13-week challenge encourages and promotes consistency through changing your habits. You are challenged to attend at least 2-3 classes per week, utilizing both our Strength & Conditioning classes, as well as our Group Fitness classes (i.e. Yoga, Pilates, etc.). In order to 'win' this challenge, you must complete at least 36 workouts during the 13 challenge weeks. If you do so, you earn a discount towards your ongoing membership as well as a chance to win one of our randomly-drawn grand prizes. Sign up today to lose weight, get stronger, and improve your overall health before the holidays!

DATES	MEMBER	NON MEM.
Sep 15-Dec 14	Price based on current membership	\$329.00



Adult **TENNIS**

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 beginners to set up games with!

No class: Oct 11, Nov 8

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 27-Dec 20	10:30am-11:30am	\$253.00	\$308.00

TENNIS: LEARN2PLAY - INTERMEDIATE:

Whether you have been playing for months or years, this program is perfect for you to take the next step in our tennis programming. We build on the skills that you have already developed to start to advance you towards intermediate skills and mastery of the game. Not only is this class great to take your game to the next level, but you are able to meet others at your skill level to schedule games as well. **No class: Oct 11, Nov 8**

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 27-Dec 20	11:30am-12:30pm	\$253.00	\$308.00

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

TENNIS: LIVE BALL - BEGINNER:

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. This is the perfect class for our cardio tennis enthusiasts who are looking for more time on the court.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 25-Dec 18	6:30pm-8:00pm	\$435.50	\$481.00

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.

No class: Oct 11, Nov 8

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Sep 23-Dec 16	6:30pm-8:00pm	\$435.50	\$481.00
Sa	Sep 27-Dec 20	9:00am-10:30am	\$368.50	\$407.00

Do you have an idea for a program or series that you would like to see at HRC? If so, we would love to hear from you! Reach out to us to let us know your idea(s). Please email racquets@headwatersracquetclub.com

Program Cancellation Policy:

- If canceling 7 days from enrollment date, and at least 10 days prior to program start date:
 - **100% refund provided**
- If canceling 10+ days before program start date, and more than 7 days from enrollment date, a 15% administration fee will be charged:
 - **85% refund provided**
- If canceling less than 10 days prior to program start date, 50% administration fee will be charged:
 - **50% refund provided**
- Once a program has started, no refunds will be offered



Adult PICKLEBALL

PICKLEBALL: DRILLS & PLAY:

First hour will be instructional time where Pickleball Pro introduces weekly drills focusing on “skill of the week”. The second hour will consist of self facilitated gameplay, where participants can play friendly matches integrating skills they just learned!

**Pay per session – Drop-in*

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 25-Dec 18	2:30pm-4:30pm	\$22.00	\$25.00

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 25-Oct 30	5:30pm-6:30pm	\$156.00	\$186.00
Th	Nov 13-Dec 18	5:30pm-6:30pm	\$156.00	\$186.00

PICKLEBALL: INTERMEDIATE+ LEARN 2 PLAY:

Skill Level - Early Intermediate (2.5 - 3.0)

Whether you have been playing for one year, or ten years, and you are looking to take the next step in your game, then this class 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 our beginner class, 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/shots that you are already executing.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 25-Oct 30	6:30pm-7:30pm	\$156.00	\$186.00
Th	Nov 13-Dec 18	6:30pm-7:30pm	\$156.00	\$186.00

NEW MONDAY NIGHT: Social League:

Are you interested in joining a fun and social pickleball league with your non-member friends? Well look no further! On the first night of the league, we will run a fun social where our pros will assess our players, and then place them on teams based on skill level, ensuring an equal balance among the teams. Matches will then be scheduled for the following weeks to create fun and competitive games in a social setting over the two-hour time slot. Play will be supervised by one of our awesome Pickleball Pros each week.

This program is designed for players rated at a 3.0 or lower playing level. **No class: Oct 13**

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 22-Dec 15	7:30pm-9:30pm	\$180.00	\$240.00

NEW THURSDAY NIGHT: Competitive League:

Are you interested in joining a competitive pickleball league with your non-member friends? Well look no further! Participants will sign up with their partners, and be paired with them for the duration of the league. Don't have a partner? No problem – sign up as an individual, and we will match you up with someone. On the first night of the league, we will run a fun social where our pros will assess the teams, and determine appropriate divisions based on the level of play in the league. Matches will then be scheduled for the following weeks to create fun and competitive games for all involved during the two-hour time slot. Play will be supervised by one of our awesome Pickleball Pros each week.

This program is designed for players rated a 3.0 or higher playing level.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 25-Dec 18	7:30pm-9:30pm	\$195.00	\$260.00



Adult **SQUASH & GOLF**

***NEW* SQUASH: LEARN 2 PLAY:**

It's time to learn to play! Whether you just want to play socially with friends or are interested in learning a new sport, our Learn2Play program is for you. You'll learn the basics of the game – grip, scoring, strokes, footwork, court positioning and more. This class is a great introduction to squash and a great opportunity to meet other players to set up games with! Register online or through front desk.

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Sep 23-Oct 28	6:45pm-7:30pm	\$132.00	\$168.00
Tu	Nov 11-Dec 16	6:45pm-7:30pm	\$132.00	\$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. Email racquets@headwatersracquetclub.com to register.

DAY	DATES	TIME	MEMBER	NON MEM.
We	Oct 1-Dec 10	5:15pm-9:30pm	\$20.00	N/A

GOLF SKILLS CLINIC:

Join our adult golf skills clinic. Each week you learn a new skill with our golf pro and test out those new skills on our state-of-the-art golf simulators. **No class: Oct 13**

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 22-Nov 3	6:30pm-7:30pm	\$180.00	\$210.00
Mo	Nov 10-Dec 15	6:30pm-7:30pm	\$180.00	\$210.00

Do you have an idea for a program or series that you would like to see at HRC? If so, we would love to hear from you! Reach out to us to let us know your idea(s). Please email racquets@headwatersracquetclub.com

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Junior PROGRAMS

JUNIOR TENNIS:

Refer to tennis program guide for Junior Tennis Lessons

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 25-Oct 30	4:30pm-5:30pm	\$156.00	\$186.00
Th	Nov 13-Dec 18	4:30pm-5:30pm	\$156.00	\$186.00

JUNIOR SQUASH: AGES 8+

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+ (Birth year 2017 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Sep 23-Oct 28	6:00pm-6:45pm	\$132.00	\$168.00
Tu	Nov 11-Dec 16	6:00pm-6:45pm	\$132.00	\$168.00

JUNIOR GOLF SKILLS CLINIC: AGES 8+

Join our junior golf skills clinic. Each week you learn a new skill with our golf pro and test out those new skills on our state-of-the-art golf simulators. **No class: Oct 13**

AGES 8+ (Birth year 2017 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 22-Nov 3	5:30pm-6:30pm	\$180.00	\$210.00
Mo	Nov 10-Dec 15	5:30pm-6:30pm	\$180.00	\$210.00

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

JUNIOR 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.

No class: Oct 11, Oct 18

AGES 8+ (Birth year 2017 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 27-Dec 20	8:00am-9:00am	\$132.00	\$165.00

KIDS YOGA: AGES 7-10

Kids yoga will stretch and strengthen your child's body through basic and challenging yoga poses 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. **No class: Oct 13**

AGES 7-10 (Birth year 2015-2018)

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 22-Dec 15	4:00pm-4:45pm	\$144.00	\$180.00

TEEN YOGA: AGES 11+

This class will guide your teen through a 45-minute gentle yoga flow. This includes age appropriate yoga poses, breathing techniques, relaxation, meditation, journaling and mudras. Through these sessions, your teen will progress from beginner to more advanced poses, as well as further their knowledge of the yoga philosophy. **No class: Oct 13**

AGES 11+ (Birth year 2014 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 22-Dec 15	4:45pm-5:30pm	\$144.00	\$180.00

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 - **85% refund provided**
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 - **50% refund provided**
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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 26	Movie Night	\$35.00	\$40.00
Fr	October 24	Halloween	\$35.00	\$40.00
Fr	December 12	Christmas	\$35.00	\$40.00

DAY	DATES	THEME	MEMBER	NON MEM.
Fr	February 13	Valentine's Day	\$35.00	\$40.00
Fr	April 17	Games Night	\$35.00	\$40.00
Fr	May 22	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 November 28	8:30am- 4:30pm	\$59.00	\$69.00
Friday January 30	8:30am- 4:30pm	\$59.00	\$69.00
Friday April 24	8:30am- 4:30pm	\$59.00	\$69.00

(No Tax)

WINTER CAMP:

HRC is super pumped about our Winter Camp! Join us for the week between Christmas and New Year. Campers will participate in themed activities, indoor & outdoor games, tennis lessons with our pros, and more. Campers are welcome to bring their sleds/toboggans. Each day is themed so check out our online itineraries for more details. **No camp: Thursday Jan 1**

DATES	TIME	MEMBER	NON MEM.
Dec 29-Jan 2*	8:30am- 4:30pm	\$280.00	\$320.00

*Closed January 1st

(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 16-Mar 20	8:30am- 4:30pm	\$350.00	\$400.00

(No Tax)

Camp Cancellation Policy (applicable for weekly camps and PD day camps):

- If canceling 7 days from enrollment date, and at least 10 days prior to camp start date:
 - **100% refund provided**
- If canceling 10+ days before camp start date, and more than 7 days from enrollment date, a 15% administration fee will be charged:
 - **85% refund provided**
- If canceling less than 10 days prior to camp start date, 50% administration fee will be charged:
 - **50% refund provided**
- Once a program has started, no refunds will be offered



Club Hours:

SEPTEMBER 15TH, 2025 – JUNE 27TH, 2026

Monday	5:30am – 10:00pm
Tuesday	5:30am – 10:00pm
Wednesday	5:30am – 10:00pm
Thursday	5:30am – 10:00pm
Friday	5:30am – 9:00pm
Saturday	7:00am – 9:00pm
Sunday	8:00am – 6:00pm

Summer Hours:

JUNE 28TH, 2026 – SEPTEMBER 13TH, 2026

Monday	5:30am – 10:00pm
Tuesday	5:30am – 10:00pm
Wednesday	5:30am – 10:00pm
Thursday	5:30am – 10:00pm
Friday	5:30am – 8:00pm
Saturday	7:00am – 4:00pm
Sunday	9:00am – 2:00pm

Holiday hours may vary and will be posted in advance at the club.
Club hours may change based on program and member usage.

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