



20 SPRING 26 Programs

WEDNESDAY FEBRUARY 18TH: Early Bird Registration for Members opens at 9:00am
WEDNESDAY FEBRUARY 25TH: Registration opens at 9:00am

Headwaters
FITNESS ± RACQUET CLUB

(519) 942-2255 headwatersracquetclub.com





Headwaters.
STRENGTH & CONDITIONING

SUMMER SHRED

Challenge



13 STRAIGHT WEEKS

APRIL 6TH – JULY 5TH 2026

STRENGTH & CONDITIONING: SUMMER SHRED 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 heading into summer!

DATES	MEMBER	NON MEM.
Apr 6-Jul 5	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: May 16

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Apr 11-Jun 6	10:30am-11:30am	\$184.00	\$224.00

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: May 16**

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Apr 11-Jun 6	11:30am-12:30pm	\$184.00	\$224.00

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: May 16

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Apr 7-Jun 2	6:30pm-8:00pm	\$301.50	\$333.00
Sa	Apr 11-Jun 6	9:00am-10:30am	\$268.00	\$296.00

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

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:
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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	Apr 9-Jun 4	3:30pm-5:30pm	\$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	Apr 9-Jun 4	5:30pm-6:30pm	\$234.00	\$279.00

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	Apr 9-Apr 30	6:30pm-7:30pm	\$104.00	\$124.00
Th	May 14-Jun 4	6:30pm-7:30pm	\$104.00	\$124.00

PICKLEBALL: ADVANCED LEARN 2 PLAY:

This program is the right fit for players who have completed our intermediate Learn 2 Play programs, or for those that play at a 3.0 level or higher. In advanced Learn 2 Play, players will continue to build upon the concepts, skills and strategies they have already acquired, while also learning more game play strategy with a higher level pace of play and shots.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Apr 9-Apr 30	7:30pm-8:30pm	\$104.00	\$124.00
Th	May 14-Jun 4	7:30pm-8:30pm	\$104.00	\$124.00

MONDAY NIGHT: Social League:

King’s Court–style league designed for all levels. Each week, players will receive an email with their schedule for the first round only, with a total of six rounds per night. After the first round, winners will move up a court and the other players will move down, switching up partners from the previous round. Scores will be recorded for all six rounds, and weekly individual standings will be sent out. Players can track their progress through the standings and stats while competing for end-of-season prizes. This format helps keep matches more evenly balanced for newer players while remaining competitive and challenging for more advanced players. **No class: May 18**

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 6-Jun 1	7:30pm-9:30pm	\$120.00	\$160.00



Adult SQUASH & GOLF

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	Apr 8-Jun 3	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.

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 6 – May 11	6:30pm-7:30pm	\$180.00	\$210.00

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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.

AGES 8-12 (Birth year 2014-2018)

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Apr 9-Jun 4	4:30pm-5:30pm	\$234.00	\$279.00

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 2018 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Apr 7-Apr 28	6:45pm-7:30pm	\$88.00	\$112.00
Tu	May 12-Jun 2	6:45pm-7:30pm	\$88.00	\$112.00

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.

AGES 8+ (Birth year 2018 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 6-May 11	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, coach-led classes, we will be emphasizing fun and the importance of lifelong fitness to harness a positive relationship with strength and conditioning. Classes will consist of; weightlifting instruction, to emphasize how to properly lift weights, gymnastics training or bodyweight exercise (i.e. push-ups, jumps, squats, etc.) to improve coordination and balance, and cardiovascular training to increase the efficiency of the heart and lungs. **No class: May 16**

AGES 8+ (Birth year 2018 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Apr 11-Jun 6	8:00am-9:00am	\$96.00	\$120.00

TEEN PERFORMANCE TRAINING:

Welcome to Teen Performance Training,

where athletic performance is our number one goal. In these hour-long sessions, these young athletes will focus on strength, speed, and performance to take their athleticism to the next level. This training goes well beyond just 'working out.' In fact, the primary goal of this program is to train to be better than your competitors. **No class: May 17**

AGES 12-14 (Birth year 2012-2014)

DAY	DATES	TIME	MEMBER	NON MEM.
Su	Apr 12-Jun 7	9:00am-10:00am	\$120.00	\$160.00

AGES 15-17 (Birth year 2009-2011)

DAY	DATES	TIME	MEMBER	NON MEM.
Su	Apr 12-Jun 7	10:00am-11:00am	\$120.00	\$160.00

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: May 18**

AGES 7-10 (Birth year 2016-2019)

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 6-Jun 1	4:00pm-4:45pm	\$96.00	\$120.00

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: May 18**

AGES 11+ (Birth year 2015 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 6-Jun 1	4:45pm-5:30pm	\$96.00	\$120.00

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 - 85% 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	April 17	Games Night	\$25.00	\$30.00

DAY	DATES	THEME	MEMBER	NON MEM.
Fr	May 22	Arts Night	\$25.00	\$30.00

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!**

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)

SUMMER CAMP:

HRC is super pumped about our Summer Camps! Each week campers will participate in themed activities, indoor & outdoor games, tennis lessons with our pros and more. ***No Camps: July 1st (Canada Day) and August 3rd (Civic Holiday).**

Camp daily drop-off is between 8:30am-9:00am and pickup is between 4:00pm-4:30pm.

WEEK	DATES	MEMBER	NON MEM.	# OF DAYS
#1	Jun 29-Jul 3	\$280.00	\$340.00	4 days
#2	Jul 6-10	\$350.00	\$425.00	5 days
#3	Jul 13-17	\$350.00	\$425.00	5 days
#4	Jul 20-24	\$350.00	\$425.00	5 days
#5	Jul 27-31	\$350.00	\$425.00	5 days

WEEK	DATES	MEMBER	NON MEM.	# OF DAYS
#6	Aug 4-7	\$280.00	\$340.00	4 days
#7	Aug 10-14	\$350.00	\$425.00	5 days
#8	Aug 17-21	\$350.00	\$425.00	5 days
#9	Aug 24-28	\$350.00	\$425.00	5 days
#10	Aug 31-Sep 4	\$350.00	\$425.00	5 days

TAXES INCLUDED FOR GENERAL CAMP

SUMMER CAMP:

Summer Camp registration will open on **Monday March 2nd at 9:00am**. Special Early Bird registration opens to members on **Wednesday February 18th at 9:00am**. Refer to our website for details regarding the **10 weeks of camp** HRC is offering this 2026 summer season!

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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.

Headwaters

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