



20 SUMMER 26 Programs

WEDNESDAY MAY 20TH: Registration opens at 9:00am

Headwaters
FITNESS ± RACQUET CLUB

(519) 942-2255 headwatersracquetclub.com





Adult PROGRAMS

PICKLEBALL: LEARN2PLAY CLINICS:

BEGINNER:

DAY	DATES	TIME	MEMBER	NON MEM.
Su	June 28	1:15pm-2:45pm	\$20.00	\$30.00
Sa	July 18	11:30am-1:00pm	\$20.00	\$30.00

ADVANCED BEGINNER – PRACTICE MAKES PICKLEBALL:

DAY	DATES	TIME	MEMBER	NON MEM.
Su	June 28	3:00pm-5:00pm	\$25.00	\$35.00

DOUBLES STRATEGY:

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	July 18	1:15pm-2:45pm	\$20.00	\$30.00

DRILLS & PLAY – 3RD SHOTS:

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	July 18	3:00pm-5:00pm	\$25.00	\$35.00

KITCHEN CONFIDENCE:

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	August 8	1:15pm-2:45pm	\$20.00	\$30.00

COURT MOVEMENT & DEFENSE:

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	August 8	3:00pm-5:00pm	\$25.00	\$35.00

TENNIS: BEGINNER: LEARN2PLAY

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!

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Jul 7-Jul 28	5:30pm-6:30pm	\$92.00	\$112.00
Tu	Aug 4-Aug 25	5:30pm-6:30pm	\$92.00	\$112.00

TENNIS: LIVE BALL

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.
We	Jul 8-Jul 29	7:30pm-9:30pm	\$134.00	\$148.00
Th	Jul 9-Jul 30	9:30am-11:30am	\$134.00	\$148.00
We	Aug 5-Aug 26	7:30pm-9:30pm	\$134.00	\$148.00
Th	Aug 6-Aug 27	9:30am-11:30am	\$134.00	\$148.00

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



Junior PROGRAMS

JUNIOR PICKLEBALL: LEARN2PLAY CLINICS: BEGINNER

DAY	DATES	TIME	MEMBER	NON MEM.
Su	June 28	11:30am-1:00pm	\$15.00	\$20.00
Sa	August 8	11:30am-1:00pm	\$15.00	\$20.00

JUNIOR RECREATIONAL TENNIS

Our Recreational Tennis programs are a great way to get into tennis and learn the sport. No experience is required, and we provide the racquets if needed! Recreational athletes can register for programming according to their age. Program offerings are noted below.

RED BALL: Ages: 6-7 yrs

DAY	DATES	TIME	MEMBER	NON MEM.
We	Jul 8-Jul 26	4:30pm-5:30pm	\$88.00	\$108.00
We	Aug 5-Aug 26	4:30pm-5:30pm	\$88.00	\$108.00

ORANGE BALL: Ages: 8-9 yrs

DAY	DATES	TIME	MEMBER	NON MEM.
We	Jul 8-Jul 26	5:30pm-6:30pm	\$96.00	\$116.00
We	Aug 5-Aug 26	5:30pm-6:30pm	\$96.00	\$116.00

GREEN BALL: Ages: 10-12 yrs

DAY	DATES	TIME	MEMBER	NON MEM.
We	Jul 8-Jul 26	6:30pm-7:30pm	\$96.00	\$116.00
We	Aug 5-Aug 26	6:30pm-7:30pm	\$96.00	\$116.00

U12 SELECT:

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Jul 6-Jul 27	1:30pm-3:30pm	\$145.00	\$195.00
Mo	Aug 10-Aug 31	1:30pm-3:30pm	\$145.00	\$195.00

*requires approval from Racquets Department to register

ACADEMY SELECT:

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Jul 6-Jul 27	3:30pm-5:30pm	\$145.00	\$195.00
Mo	Aug 10-Aug 31	3:30pm-5:30pm	\$145.00	\$195.00

*requires approval from Racquets Department to register

TEEN TENNIS: Ages: 13+

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Jul 6-Jul 27	5:30pm-6:30pm	\$96.00	\$116.00
Mo	Aug 10-Aug 31	5:30pm-6:30pm	\$96.00	\$116.00

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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!

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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