JUNIOR Tennis Programs 26 27

Headwaters
FITNESS ǂ RACQUET CLUB

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Welcome to
THE HRC TENNIS PROGRAM!

Welcome to tennis at Headwaters Fitness & Racquet Club! I would like to take the opportunity to thank you for choosing HRC as the home for your child's tennis development.

HRC welcomes players of all ages and abilities to join our programs. Our goal at HRC is to provide our athletes with a safe and fun learning environment, where we provide quality instruction focused on encouraging and motivating our athletes to be their best selves.

Our remarkable team of Tennis Canada Certified Tennis Professionals will work with your children to improve on the skills they currently have, or will be there to teach them from the ground up! We offer a variety of classes for all ages and levels as well as private lessons to help take their game to the next level.

We are very excited to meet and work with you and your children. We look forward to teaching them the great game of tennis and promise you an exciting year ahead.

Sincerely,

Miran Cehajic
Head Tennis Professional

519-942-2255
miran@headwatersracquetclub.com

The HRC Junior **TENNIS PROGRAM**

At HRC, tennis begins at the age of 4 with our Tiny Tennis program. We have programs for athletes of all ages and levels and look forward to seeing you on the court!

We offer 3 streams of tennis: **Recreational**, **Select**, and **High Performance**. Each stream has a different commitment level.

RECREATIONAL TENNIS is our introduction to tennis. No experience is required for our recreational stream. There is a shorter season and practice time offered in this stream.

SELECT TENNIS is a step up from Recreational, and is a preview to what you can expect in our High Performance stream. This is a full season (10 month) commitment, with a requirement to compete in a minimum of 2 OTA tournaments throughout the season.

HIGH PERFORMANCE TENNIS is our most competitive stream with the biggest time commitment. This is a full season (10 month) commitment, with a requirement to compete in a minimum of 4 OTA tournaments throughout the season.

RECREATIONAL TENNIS

- Time Commitment: 1-2 hours per week
- Season Length: 4 months (sessions begin in September, January, and April)
- No experience required

SELECT TENNIS

- Time Commitment: 4-6 hours per week
- Season Length: 10 months (September to June)
- Tournaments: Minimum 2 OTA tournaments
- Experience is required. Must be approved by Head Tennis Pro to participate
- Participation in weekly matches with fellow teammates, and exhibition matches as organized
- Travel may be required

HIGH PERFORMANCE TENNIS

- Time Commitment: 6 hours per week
- Season Length: 10 months (September to June)
- Tournaments: Minimum 4 OTA tournaments
- Experience is required. Must be approved by Head Tennis Pro to participate
- Walk-on court privileges included
- Travel is required

Recreational **TENNIS**

Our Recreational Tennis programs are a great way to get into tennis and learn the sport. They are also the perfect fit for anyone who wants to play tennis but may not want the commitment of our competitive streams. Our recreational programs run for 1-2 hours each week during a 4 month season. Seasons start in September, January, and April. No experience is required, and we provide the racquets if needed! Recreational athletes can register for programming according to their age, with programs starting for athletes as young as age 4. Program offerings are noted below.

PROGRAM	DAY	TIME
Tiny Tennis (Ages 4-5)	Monday	4:45pm to 5:30pm
Red Ball (Ages 6-7)	Monday	4:30pm to 5:30pm
	Monday	5:30pm to 6:30pm
	Saturday	8:30am to 9:30am
Orange Ball (Ages 8-9)	Wednesday	4:30pm to 5:30pm
	Saturday	9:30am to 10:30am
Green Ball (Ages 10-12)	Wednesday	4:30pm to 5:30pm
	Saturday	10:30am to 11:30am
Teen Tennis (Ages 12+)	Tuesday	5:30pm to 6:30pm
	Saturday	11:30am to 12:30pm
Junior Academy	Friday	4:30pm to 6:30pm

Our **COMPETITIVE TENNIS** stream

What you can look forward to this session in the competitive tennis stream:

- Walk on privileges (High Performance only)
- Weekly matches arranged with fellow teammates
- Athlete check-ins – our coaches will arrange 2 meetings with athletes and their families during the season to connect on progress and goals for improvement
- Athlete nutrition seminar and sports psychology workshops
- HRC swag

Select **TENNIS**

Our Select Tennis programs are an introduction to our competitive stream. They are the perfect fit for any athlete looking to take their tennis to the next level. Our Select Tennis programs run for 4 to 6 hours each week during a 10-month season. A fitness component is included in the programming and will take place on court for our U12 Select program, and in our Strength and Conditioning room once a week for our Academy Select program. The season starts in September and ends in June. Athletes will be required to complete in a minimum of 2 OTA tournaments over the course of the season. Previous tennis experience is required, and participation in the program requires approval from the Head Tennis Pro.

Athletes will play twice a week on Tuesday & Thursday.

PROGRAM	DAY	TIME
U12 Select	Tuesday	4:30pm to 6:30pm
	Thursday	4:30pm to 6:30pm
Academy Select	Tuesday	6:30pm to 8:30pm
	Thursday	6:30pm to 8:30pm
Select Match Play*	Saturday	5:30pm to 7:30pm

*Select Match play is included in all Select Tennis programs. Athletes will play against fellow teammates in prearranged matches. Schedules will be sent out monthly. **Match Play will start in November.**

High Performance **TENNIS**

Our High Performance Tennis program is the highest level of junior tennis at HRC. This stream is the perfect fit for any athlete who has grown through the Select Tennis stream and wants to further their tennis playing abilities. Exceptions will be made for athletes not in the Select Stream who show the required skill level and commitment for the program. Our High Performance Tennis program runs for 6 hours each week during a 10 month season. Each week athletes will have 4 hours of tennis instruction, and 2 hours of fitness training (fitness will take place off court in the Strength and Conditioning room. The High Performance season starts in September and ends in June. Athletes will be required to complete in a minimum of 4 OTA tournaments over the course of the season. Previous tennis experience is required, and participation in the program requires approval from the Head Tennis Pro.

PROGRAM	DAY	TIME
High Performance	Monday & Wednesday	5:30pm to 7:30pm
Strength & Conditioning/Yoga	Monday & Wednesday	7:30pm to 8:30pm

Interested in joining our **COMPETITIVE TENNIS** stream?

If you are new to competitive tennis at HRC, and are interested in joining our Select or High Performance tennis streams, please contact us to arrange an assessment. Assessments generally take about 15 minutes, and will be conducted by our tennis pros. If you are currently in the Select Stream, and wanting to move to our High Performance Stream, please contact our Head Pro, Miran.

If you are interested in booking a time for an assessment please email racquets@headwatersracquetclub.com

Athletes will be informed of which program to register for following their assessment. Registration can take place online or through our front desk.

Private **LESSONS**

Private lessons are a great opportunity for athletes looking for one on one individual instruction with our pros. Lessons are great for anyone who wants to push their game further, fine tune a specific skill or for anyone wanting to gain more confidence in their game. Private lessons are available with all of our tennis professionals and are a minimum of one hour in length. We also offer options for semi-private and small group lessons. A breakdown of our private lesson fee is listed below. Please note, court and guest fees (if applicable), and taxes are charged in addition to the lesson fee.

TENNIS PROFESSIONAL	LESSON TYPE	HOURLY LESSON FEE
Miran Cehajic, Head Tennis Pro	Private	$80.00
	Semi-Private (two people)	$60.00/person
	Small Group (3+ people)	$50.00/person
Mark Taylor, Senior Tennis Pro	Private	$75.00
	Semi-Private (two people)	$55.00/person
	Small Group (3+ people)	$45.00/person
Tennis Pro	Private	$70.00
	Semi-Private (two people)	$50.00/person
	Small Group (3+ people)	$40.00/person

Private lessons are available based on the availability of the pros. If you are interested in a private lesson, please email our Racquets team at racquets@headwatersracquetclub.com to get started!

More Tennis Fun at **HRC!**

At HRC, we also offer other options for children to get involved in tennis.

SUMMER TENNIS CAMP
Ages 8 and up
Tennis experience required
(Orange Ball Level & Higher)

HRC Tennis Camp is the perfect mix of match play and drill work, to ensure players are always challenged. We will pair our tennis focus with multisport activities so that campers can also enjoy a variety of sports, traditional camp games, and recreational activities. Campers will be on court 4 hours each day.

Tennis **TOURNAMENTS**

For our Select and High Performance athletes, there is a requirement to participate in various OTA tournaments throughout the season. Tournaments are held both locally (at HRC) and throughout the province. Our racquets department will work with parents and athletes to determine which tournaments are the best fit for the athlete to participate in. All athletes are required to be members of the Ontario Tennis Association in order to compete in tournaments. For a glimpse into the tournament opportunities currently available, please visit:
https://www.tennisontario.com/

For our recreational players, we run ***fun*** 1-day tournaments at the end of each session (Fall, Winter, Spring). The tournaments are open to players in Orange Ball, Green Ball, Teen Tennis, and Junior Academy. There is a fee to participate in these 1-day tournaments. More details are emailed to participants and posted in the tennis hall closer to the event dates.

2026–2027 Program **FEES & DATES**

TENNIS STREAM	PROGRAM	DAY	FALL	WINTER	SPRING
Recreational	Tiny Tennis	Monday	M:$207 NM:$252	M:$172.50 NM:$210	M:$120.75 NM:$147
	Red Ball	Monday	M:$276 NM:$336	M:$230 NM:$280	M:$161 NM:$196
		Saturday	M:$253 NM:$308	M:$230 NM:$280	M:$161 NM:$196
	Orange Ball/Green Ball	Wednesday	M:$325 NM:$390	M:$275 NM:$330	M:$200 NM:$240
		Saturday	M:$275 NM:$330	M:$250 NM:$300	M:$175 NM:$210
	Teen Tennis	Tuesday	M:$325 NM:$390	M:$275 NM:$330	M:$200 NM:$240
		Saturday	M:$275 NM:$330	M:$250 NM:$300	M:$175 NM:$210
	Junior Academy	Friday	M:$600 NM:$660	M:$450 NM:$495	M:$400 NM:$440
Select	U12 Select	Member: $3,200		Non-Member: $3,820	
	Academy Select	Member: $4,400		Non-Member: $4,750	
High Performance	High Performance	Member: $5,000 (*Must be HRC Member to join HP)			

*Payment plan options are available for our Select and High Performance Streams

SESSION	START DATE	END DATE	NO CLASSES
Fall	Week of September 21, 2026 **Select + HP begins week of Sept 14th**	Week of December 14, 2026	October 10, October 12 November 13, November 14
Winter	Week of January 11, 2027 **Select + HP begins week of Jan 4th**	Week of March 29, 2027	February 15 March Break 13-20 March 26
Spring	Week of April 5, 2027	Week of May 24, 2027	May 22, May 24

What is Included in Your **FEES**

TENNIS STREAM	WHAT'S INCLUDED IN YOUR FEE	ADDITIONAL COSTS
Recreational	• Weekly group tennis lessons • End of Session Report Card	• Tournament entry fee (optional)
Select	• Weekly group tennis lessons • Select Match Play (starting in November) • HRC Heat swag • One Strength & Conditioning/Yoga session/week	• Tournament entry fees • OTA membership fee (if applicable)
High Performance	• Weekly group tennis lessons • Weekly Strength and Conditioning Classes • Walk-On privileges • HRC Heat swag	• Tournament entry fees • OTA membership fee (if applicable)

Stay Connected

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