



20 FALL 26 Programs

WEDNESDAY AUGUST 12TH: Early Bird Registration for Members Opens at 9:00am
WEDNESDAY AUGUST 19TH: 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 14TH**

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 this fall!

DATES	MEMBER	NON MEM.
Sep 14-Dec 13	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 10, Nov 14

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 26-Dec 19	10:30am-11:30am	\$264.00	\$319.00

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 10, Nov 14**

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 26-Dec 19	11:30am-12:30pm	\$264.00	\$319.00

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

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 10, Nov 14

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Sep 22-Dec 15	7:30pm-9:00pm	\$448.50	\$494.00
Th	Sep 24-Dec 17	7:30pm-9:00pm	\$448.50	\$494.00
Sa	Sep 26-Dec 19	9:00am-10:30am	\$379.50	\$418.00

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:

The first hour will be instructional time where our Pickleball Pro will run participants through a series of drills to help them develop their skills. The second hour participants will be able to put what they've learned to the test, playing in friendly matches with the other participants. The second hour is not supervised. No commitment - sign up weekly! **No class: Oct 12**

**Pay per session – Drop-in*

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 21-Dec 14	11:30am-1:30pm	\$22.00	\$25.00

PICKLEBALL: BEGINNER LEARN 2 PLAY:

Skill Level - None/Beginner

Whether you have just heard about pickleball or have only played 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. The session will start with instruction to build a foundation of skills and progress towards supervised game play where the pro will provide tips, tricks, and correction during game play with other participants.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 24-Dec 17	5:30pm-6:30pm	\$286.00	\$325.00

PICKLEBALL: INTERMEDIATE LEARN 2 PLAY:

Skill Level - Early Intermediate (2.5 - 3.0)

This program is best for those who have experience playing, or who have successfully completed our Beginner Learn 2 Play program, and are looking to take the next step in their game. 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. The session will start with instruction to build a foundation of skills and progress towards supervised game play where the pro will provide tips, tricks and correction during game play with other participants.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Sep 24-Dec 17	6:30pm-7:30pm	\$286.00	\$325.00

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. Our Social League will finish the 'season' off with some food provided at the conclusion of our final session. **No class: Oct 12**

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Sep 21-Dec 14	7:30pm-9:30pm	\$192.00	\$300.00



Adult SQUASH

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 29-Dec 15	6:45pm-7:30pm	\$264.00	\$324.00

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	Sep 30-Dec 9	5:15pm-9:30pm	\$20.00	N/A

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

Junior PROGRAMS

JUNIOR TENNIS:

Refer to tennis program guide for Junior Tennis Lessons

***NEW* JUNIOR PICKLEBALL DROP-IN PROGRAM: AGES 10-16**

Are you looking for a fun way to keep your child active once the school day has ended? Our Junior Pickleball Drop-In Program is a great way to accomplish just that! This program is the perfect opportunity for kids who have the basic pickleball skills down pat and are looking to play matches with other athletes. Open to players of all skill levels, it is a great way to get matches in, and meet other pickleball enthusiasts. No commitment is required—simply register for the sessions that fit your schedule and come ready to play! Don't have a paddle? No problem, we can lend you one while you're here.

All necessary equipment will be provided.

**Pay per session – Drop-in. Please call each week to register!*

AGES 10-16 (Birth year 2010-2016)

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Sep 22-Dec 15	4:30pm-5:30pm	\$5.00	\$15.00
Sa	Sep 26-Dec 19	1:00pm-2:30pm	\$7.50	\$20.00

JUNIOR PICKLEBALL LEARN 2 PLAY: FUNDamentals (8-12 years)

Come learn the fastest growing sport in North America! This program will focus 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 24-Dec 17	4:30pm-5:30pm	\$286.00	\$325.00

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	Sep 29-Dec 15	6:00pm-6:45pm	\$264.00	\$324.00

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 3, Oct 10

AGES 8+ (Birth year 2018 and earlier)

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Sep 26-Dec 19	8:00am-9:00am	\$154.00	\$187.00

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: Oct 11**

AGES 12-14 (Birth year 2012-2014)

DAY	DATES	TIME	MEMBER	NON MEM.
Su	Sep 20-Dec 13	9:00am-10:00am	\$180.00	\$240.00

AGES 15-17 (Birth year 2009-2011)

DAY	DATES	TIME	MEMBER	NON MEM.
Su	Sep 20-Dec 13	10:00am-11:00am	\$180.00	\$240.00

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



KIDS NIGHT OUT:

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!

20% discount for all participants of the same household

Ages: 4-12

Hours: 5:30pm–8:30pm

DAY	DATES	THEME	MEMBER	NON MEM.
Fr	September 25	Yoga Retreat	\$25.00	\$30.00
Fr	October 30	Halloween	\$25.00	\$30.00
Fr	December 11	Christmas	\$25.00	\$30.00

DAY	DATES	THEME	MEMBER	NON MEM.
Fr	February 12	Movie Mayhem	\$25.00	\$30.00
Fr	April 2	Pickleball & Pizza	\$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!**

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.
Monday October 26	8:30am- 4:30pm	\$59.00	\$69.00
Friday November 27	8:30am- 4:30pm	\$59.00	\$69.00
Friday January 29	8:30am- 4:30pm	\$59.00	\$69.00
Friday June 4	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: Friday Jan 1**

DATES	TIME	MEMBER	NON MEM.
Dec 28–Dec 31*	8:30am- 4:30pm	\$280.00	\$340.00

*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 15-Mar 19	8:30am- 4:30pm	\$350.00	\$425.00

(No Tax)

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



Club Hours:

SEPTEMBER 14TH, 2026 – JUNE 27TH, 2027

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, 2027 – SEPTEMBER 12TH, 2027

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

FITNESS ± RACQUET CLUB