

# 2020 ROSETHORN ADULT TENNIS PROGRAM

## SEPT

### MORNING WORKOUT (3.0+)

SEPTEMBER 1 - 22 / TUESDAYS

7am-9am: \$160 / 4 weeks

- Intense Drills
- Physical conditioning
- Aerobic tennis development
- 4:1 student to teacher ratio

GET LEAN!

### DOUBLES STRATEGY (3.0-4.5)

SEPTEMBER 6 - 27 / SUNDAYS

12pm - 2pm: \$160 / 4 weeks

- Court positioning, and playing as a team
- Serving for doubles
- Doubles strategy and drills
- Tie-breaker match play
- 4:1 student to teacher ratio

TACTICS AND DRILLS

### BEGINNER (2.0-2.5)

SEPTEMBER 5 - 26 / SATURDAYS

12pm-1pm: \$64 / 4 weeks

- Beginner level promotes a love of tennis and the desire to improve skills
- Focus on technical and tactical skills, movement, court sense, rules and positioning
- 5:1 student to teacher ratio

### 1000 BALL DRILL (2.0-4.5)

MAY 1 - SEPT 25 / FRIDAYS

7pm-8pm: Weekly / Call Blanka 647-990-4591

Hit as many balls as you can with the pros during this fast-paced one hour drill.

### INTERMEDIATES (3.0-3.5)

SEPTEMBER 1 - 22 / TUESDAYS

6pm-7pm: \$64 / 4 weeks

SEPTEMBER 2- 23 / WEDNESDAYS

1pm-3pm: \$160 / 4 weeks

SEPTEMBER 4 - 25 / FRIDAYS

6pm-7pm: \$64 / 4 weeks

SEPTEMBER 5 - 26 / SATURDAYS

1pm-2pm: \$64 / 4 weeks

SEPTEMBER 6 - 27 / SUNDAYS

2pm-4pm: \$160 / 4 weeks

- Basics of tactical play for singles and doubles
- Emphasize swing rhythm for forehand and backhand
- Differentiate between volleys and groundstrokes
- Focus on different serving styles as well as return of serve
- 4:1 student to teacher ratio (Wed, Sun)
- 5:1 student to teacher ratio (Tuesday, Friday, Saturday)

### ADVANCED (4.0+)

SEPTEMBER 5 - 26 / SATURDAYS

2pm-4pm: \$160 / 4 weeks

- Competitive and pre-competitive level players
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of singles/doubles
- Move beyond recreational to competitive level
- Expectation is to complement training with participation in local tournaments and leagues
- 4:1 student to teacher ratio

## PROS CORNER

MIKE THOMSON

(416) 820-1993

Head Teaching Professional

shotselections@rogers.com

BLANKA YELAVICH

(647) 990-4591

Teaching Professional, Lesson Administrator

blankayelavich@gmail.com

### PRIVATE & GROUP LESSONS

Our club pros are pleased to develop your game in private, semi and group lessons. Please contact pros for availability.

	Mike Thomson	Assistant Pro
Private	\$70/hr	\$55/hr
Semi-Private	\$40/hr	\$35/hr
Group 3ppl	\$30/hr	\$25/hr
Group 4ppl	\$20/hr	\$20/hr
Group 5ppl	\$18/hr	\$16/hr

### Signing Up

All lessons are based on a first come first serve basis.

### Rain Policy

In the event of rain or inclement weather, group lessons will be scheduled into another group of the same level by the pro. Makeup dates will occur within 7 days of the original lesson date. Please contact the clinic pro regarding the scheduling changes.

### Mailing Address

Mike Thomson, (416) 820-1993

shotselections@rogers.com

271 Ridley Blvd., Suite 1202

Toronto, ON M5M 4N1



Make **lesson cheques** payable to Shot Selections.

Register with Rosethorn Tennis Club at [rosethorntennis.com](http://rosethorntennis.com)



Sponsor

