

# 2022 ROSETHORN ADULT TENNIS PROGRAM SEPT

## MORNING WORKOUT (3.0+)

SEPT 6 - 27 / TUESDAYS

7am-9am: \$200 / 4 weeks

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

GET LEAN!

## DOUBLES STRATEGY (3.0-4.5)

SEPT 4 - 25 / SUNDAYS

12pm - 2pm: \$200 / 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

## SINGLES STRATEGY (3.0-4.5)

SEPT 8 - 29 / THURSDAYS

7am-9am: \$200 / 4 weeks

- Intense drills, Physical conditioning
- Serving for singles
- Singles strategy and drills
- Tie-breaker match play
- 4:1 student to teacher ratio

INTENSE DRILLS

## BEGINNER (2.0-2.5)

SEPT 3 - 24 / SATURDAYS

12pm-1pm: \$80 / 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 6 - SEPT 30 / FRIDAYS

7pm-8pm: Weekly Sign-up / \$20 per hour

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)

SEPT 6 - 27 / TUESDAYS

6pm-7pm: \$80 / 4 weeks

SEPT 7 - 28 / WEDNESDAYS

1pm-3pm: \$200 / 4 weeks

SEPT 8 - SEPT 29 / THURSDAYS

6pm-7pm: \$100 / 4 weeks

SEPT 9 - 30 / FRIDAYS

6pm-7pm: \$80 / 4 weeks

SEPT 3 - 24 / SATURDAYS

1pm-2pm: \$80 / 4 weeks

SEPT 4 - 25 / SUNDAYS

2pm-4pm: \$200 / 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, Thurs, Sun)
- 5:1 student to teacher ratio (Tuesday, Friday, Saturday)

## ADVANCED (4.0+)

SEPT 3 - 24 / SATURDAYS

2pm-4pm: \$200 / 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      | \$75/hr      | \$65/hr       |
| Semi-Private | \$45/hr      | \$35/hr       |
| Group 3ppl   | \$35/hr      | \$30/hr       |
| Group 4ppl   | \$25/hr      | \$25/hr       |
| Group 5ppl   | \$20/hr      | \$20/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.

ONTARIO MINISTRY OF HEALTH  
COVID-19 GUIDELINES

Ontario

- Physical distancing

For more information, please visit [tennisontario.com](http://tennisontario.com)

### Mailing Address

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

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

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