

## **SOCIAL PROGRAMS**

### **Tennis Singles Ladder**

Players are divided into boxes with players of similar level. Players organize games with one another over the course of the month with the winner of the box moving up and the loser going down to a weaker box.

There is no cost for this program.

### **Tennis House League**

Players are organized into doubles teams of similar levels. Teams compete every Thursday night between 6:30 pm and 9:30 pm.

Schedules will be given to all players at the beginning of the season. Please register at Club Meadowvale reception.

**Tennis Members \$50\***  
**Fitness Members \$110\***

### **Round Robin**

Drop in Round Robin every Friday night. A social round robin with a variety of levels taking part. Players switch partners every half hour. Register weekly at Club Meadowvale reception.

There is no cost for this program.  
Court fees apply for fitness members.

## **LESSON PROGRAMS**

### **Tennis Fitness**

One of Club Meadowvale's most popular programs, Tennis Fitness is a fast-paced drill session where participants work on their strokes while getting a fantastic cardiovascular workout.

This program is open to all levels of play although some basic tennis skills are needed.

<b>Monday</b>	<b>6:30 &amp; 7:30pm</b>
<b>Tuesday</b>	<b>6:30 &amp; 9:30am</b>
<b>Tuesday</b>	<b>6:30 &amp; 7:30pm</b>
<b>Thursday</b>	<b>9:30am</b>

### **Doubles Strategy**

Find out how to position yourself in doubles and maximize your level and enjoyment with a greater understanding of the doubles game.

<b>Tuesday</b>	<b>8:30pm</b>
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### **Stroke Clinic**

The Stroke Clinic is a perfect program for newcomers to tennis or for those people who are just looking for a refresher. Each week a new stroke is introduced and an emphasis is placed upon technique and rallying skills.

<b>Monday</b>	<b>8:30pm</b>
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*(Prices and session dates on next page)*

## **SESSIONS**

### **Morning Programs**

September 21-December 10  
*(12 week session)*

**Tennis Members \$180\***  
**Fitness Members \$240\***

*\*All prices are subject to GST  
Times and dates may be subject to change*

### **Team Tennis**

Club Meadowvale hosts several competitive teams during the winter season. Teams play against other clubs in the area. New recruits are always welcome! If interested, please contact Sean Johnny at Club Meadowvale for more information.

### **Ladies Windoor B Team**

Wednesdays 9:30 – 11:30am

### **Ladies Windoor C Team**

Fridays 9:30 – 11:30am

### **Business Ladies Team**

Saturdays 1:30 – 3:30pm

## PRIVATE LESSONS

\$65\* per hour  
\$300\* for 5 one-hour lessons

## INSTRUCTORS

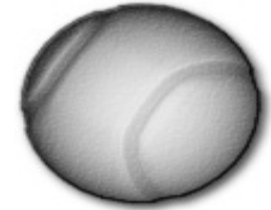
### SEAN JOHNNY

**Sean Johnny**, Club Meadowvale's Head Tennis Pro, oversees all Club Meadowvale tennis programs. Sean has been a ranked Canadian player in junior, open and senior's categories, and has worked with several nationally ranked juniors and scholarship athletes. Sean is certified by Tennis Canada and the USPTR.

### MISCHA MACKESY

**Mischa Mackesy** leads Club Meadowvale's Junior Clinics and coaches Adult Lessons. Mischa's charismatic personality and informative teaching style creates a solid foundation of skills and a love for the game. Mischa is certified by Tennis Canada and the USPTR.

# ADULT TENNIS



Winter 2009



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