

Adult Tennis Programs Summer 2017

Stroke Tennis Clinics (8 weeks)

This program is for those that have already been introduced to tennis through the Beginner Clinics and/or looking for a refresher. Each week a different stroke will be analyzed. The focus is on technique and rallying skills. There is a player-coach ratio of 6:1.

Mondays (July 3 - August 28, **off August 7**)

8:30-9:30pm (2.5+ level players)

\$160 + HST (members)

\$240 + HST (non-members)

Tennis Fitness Clinics (8 weeks)

The focus will be on footwork and high intensity drills, with the goal of hitting 1000 balls in the hour. Get ready to sweat! There will be a player-coach ratio of 6:1.

Mondays (July 3 - August 28, **off August 7**)

7:30-8:30pm (all levels)

\$160 + HST (members)

\$240 + HST (non-members)

\$180 + HST (members)

\$270 + HST (non-members)

Beginner Tennis Programs (8 weeks)

In this program, you will continue to look at the four main tennis strokes: forehand, backhand, volley, and serve. Also, you will be introduced to playing points. There will be a player-coach ratio of 8:1.

Beginner III/IV - \$160 + HST

Mondays (July 3 - August 28, **off August 7**)

9:30-10:30pm

Private Tennis Lessons:

Members (plus applicable court fees)

\$65/hr + HST (1-on-1)

\$70/hr + HST (2-on-1, split cost)

\$75/hr + HST (3-on-1, split cost)

Non-Members (court/guest fees included)

\$92/hr + HST (1-on-1)

\$100/hr + HST (2-on-1, split cost)

\$105/hr + HST (3-on-1, split cost)

Go to www.clubmeadowvale.com "Program Registration" to Register for any tennis program

If you have any question, you can email the Tennis Director at mischa@clubmeadowvale.com