



ADULT TENNIS LESSONS 2009

*YOU MUST BE A HPTC MEMBER IN ORDER TO PARTICIPATE IN THE LESSONS.

THE BASICS FOR BEGINNERS

AN INTRODUCTION TO THE FUNDAMENTAL SKILLS FOR BEGINNERS WITH VERY LITTLE PREVIOUS INSTRUCTION OR PLAYING EXPERIENCE. FOR LEVELS **1.0-1.5**. UP TO EIGHT PEOPLE PER CLASS. PLEASE CHECK OUT THE FREE "TIME TO PLAY" TO COMPLEMENT BEGINNER LESSONS! **COST: \$70**

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| SESSION 1) MON APR 27, MAY 4, 11, 25 6-7:15 PM | 4) MON JUNE 1, 8, 15, 22 6-7:15 PM |
| 2) WED APR 29, MAY 6, 13, 20 (MAY 27 RAIN DT) 6-7:15 PM | 5) WED JUNE 3, 10, 17, 24 6-7:15 PM |
| 3) WED APR 29, MAY 6, 13, 20 (MAY 27 RAIN DT) 7:15 -8:30 PM | 6) WED JUNE 3, 10, 17, 24 7:15-8:30 PM |

IF THERE IS A DEMAND, WE WILL ANOTHER SESSION IN JULY ON MON OR WED AT 6PM

SOLIDIFYING THE BASICS - ADVANCED BEGINNERS

TRAIN THE BASIC TECHNICAL & TACTICAL ELEMENTS REQUIRED FOR SINGLES AND DOUBLES PLAY. THIS IS A CONTINUATION OF THE BEGINNERS CLASS OR THE PLACE TO START IF YOU'RE AN ATHLETIC BEGINNER WITH GOOD HAND EYE COORDINATION AND/OR OTHER RACQUET SPORT EXPERIENCE. FOR LEVELS **2.0-2.5**. **COST: \$85**

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| SESSION 1) MON APR 27, MAY 4, 11, 25 6-7:15 PM | 7) WED JUNE 3, 10, 17, 24 7:15-8:30 PM |
| 2) WED APR 29, MAY 6, 13, 20 (MAY 27 RAIN DT) 6-7:15 PM | 8) WED JUNE 3, 10, 17, 24 8:30-9:45 PM |
| 3) WED APR 29, MAY 6, 13, 20 (MAY 27 RAIN DT) 7:15-8:30 PM | 9) MON JULY 6, 13, 20, 27 6-7:15 PM |
| 4) WED APR 29, MAY 6, 13, 20 (MAY 27 RAIN DT) 8:30-9:45 PM | 10) WED JULY 8, 15, 22, 29 6-7:15 PM |
| 5) MON JUNE 1, 8, 15, 22 6-7:15 PM | 11) WED JULY 8, 15, 22, 29 7:15-8:30 PM |
| 6) WED JUNE 3, 10, 17, 24 6-7:15 PM | 12) WED JULY 8, 15, 22, 29 8:30-9:45 PM |

REVIEW FOR INTERMEDIATES

A REVIEW OF THE FUNDAMENTAL STRATEGIES AND TECHNIQUES FOR PLAYERS RATED 3.0-3.5. **COST: \$85**

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| SESSION 1) WED APR 29, MAY 6, 13, 20 (MAY 27 RAIN DT) 7:15-8:30 PM | 4) WED JUNE 3, 10, 17, 24 8:30-9:45 PM |
| 2) WED APR 29, MAY 6, 13, 20 (MAY 27 RAIN DT) 8:30-9:45 PM | 5) WED JULY 8, 15, 22, 29 7:15-8:30 PM |
| 3) WED JUNE 3, 10, 17, 24 7:15-8:30 PM | 6) WED JULY 8, 15, 22, 29 8:30-9:45 PM |

SMART SINGLES PLAY

WORK ON BASIC SKILLS AND TACTICS FOR SINGLES PLAY. TOPICS INCLUDE BEING TACTICALLY SOUND BY PLAYING WITH CONSISTENCY, TEMPO, EXPLOITING A WEAKNESS, ETC. RECOMMENDED FOR PLAYERS RATED 3.0 AND ABOVE. **COST: \$85**

- SESSION 1) THURS APR 30, MAY 7, 14, 21, 28 6-7PM 2) THRS JUNE 4, 11, 18, 25 JULY 2 6-7 PM 3) THRS JULY 9, 16, 23, 30 AUG 6 6-7 PM

WINNING DOUBLES

WORK ON POSITIONING AND PERCENTAGE TACTICS TO PLAY WINNING DOUBLES. FOR PLAYERS RATED 3.0 AND ABOVE. **COST: \$85**

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| SESSION 1) SUN MAY 3, 10, 24, 31 6-7:30 PM | 3) MON JULY 6, 13, 20, 27 6-7:15 PM |
| 2) SUN JUNE 7, 14, 21, 28 6-7:30 | 4) WED JULY 8, 15, 22, 29 8:30-9:45 PM |

TENNIS FITNESS/WORKOUT

IMPROVE YOUR GAME AND FITNESS IN A SERIES OF DRILLS AND EXERCISES THAT ARE GUARANTEED TO MAKE YOU SWEAT! THE COACHES WILL ENSURE THAT YOU GET A GREAT WORKOUT AND HIT A TON OF BALLS. **COST: \$65**

- SESSION 1) MON APR 27, MAY 4, 11, 25 6-7 PM 2) MON JUNE 1, 8, 15, 22 6-7 PM 3) MON JULY 6, 13, 20, 27 6-7 PM

ADULT WEEK DAY CAMPS

TAKE THE MORNING OFF WORK AND IMPROVE YOUR GAME. THE FOUR DAY MORNING CAMPS WILL RUN FROM 9AM-12 NOON, MON-THURS (FRI RAIN DATE). THE CAMPS WILL BE BEST SUITED FOR PLAYERS RATED 3.0 AND ABOVE. **COST: \$180**

- CAMP 1) "GET THE RUST OUT" MAY 25-28 2) "LADIES WEEK" 4.0+ JUNE 1,2,4 & 5 3) "LADIES WEEK" 2.5-3.5 JUNE 15-19

PRIVATE LESSONS

PLEASE CONTACT THE INDIVIDUAL PRO FOR PRIVATE LESSONS – NOTE: THERE ARE LIMITED TIMES FOR BOOKING PRIVATES DURING CLUB HOURS

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| BEN ARMSTRONG (HEAD PRO) \$55/ hour (Semi-private: \$60/ hour) 416-995-2237 benarmstrong@look.ca |
| ALAN BUTLER (ASSISTANT PRO) \$45/ hour (3 for \$120; Semi-private: \$50/hr) 416-460-2054 al_butler35@yahoo.ca |
| ROWAN THOMPSON (ASSOCIATE PRO) \$35/ hour (Semi-private: \$40/hr) 416-454-8090 rowtheamish@hotmail.com |

IF YOU WOULD LIKE TO SIGN UP FOR ANY GROUP LESSON PLEASE FILL OUT THE REGISTRATION FORM AND A CHEQUE MADE PAYABLE TO "ARMSTRONG TENNIS ACADEMY" AND LEAVE IT WITH THE COURT MANAGERS OR MAIL IT TO BEN.

TENNIS EQUIPMENT DISCOUNT at **GAME SET MATCH** Tennis Boutique – 784 Annette St.

A 15% DISCOUNT (OFF REGULAR PRICES) WILL BE GIVEN TO HPTC MEMBERS - PLUS GREAT DEALS AND SPEACIALS FOR BEGINNERS!!!!