



ADULT TENNIS LESSONS 2010

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 TRY THE **FREE "TIME TO PLAY"** TO COMPLEMENT BEGINNER LESSONS! **COST: \$70+ HST**

SESSION 1) MON APR 26, MAY 3, 10, 17 6-7:15 PM 4) MON MAY 31, JUNE 7, 14, 21 6-7:15 PM
2) WED APR 28, MAY 5, 12, 19 (MAY 26 RAIN DT) 6-7:15 PM 5) WED JUNE 2, 9, 16, 23 (JUNE 30 RAIN DT) 6-7:15 PM
3) WED APR 28, MAY 5, 12, 19 (MAY 26 RAIN DT) 7:15-8:30 PM 6) WED JUNE 2, 9, 16, 23 (JUNE 30 RAIN DT) 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+ HST**

SESSION 1) MON APR 26, MAY 3, 10, 17 6-7:15 PM 7) WED JUNE 2, 9, 16, 23 (JUNE 30 RAIN DT) 7:15-8:30 PM
2) WED APR 28, MAY 5, 12, 19 (MAY 26 RAIN DT) 6-7:15 PM 8) WED JUNE 2, 9, 16, 23 (JUNE 30 RAIN DT) 8:30-9:45 PM
3) WED APR 28, MAY 5, 12, 19 (MAY 26 RAIN DT) 7:15-8:30 PM 9) MON JULY 5, 12, 19, 26 6-7:15 PM
4) WED APR 28, MAY 5, 12, 19 (MAY 26 RAIN DT) 8:30-9:45 PM 10) WED JULY 7, 14, 21, 28 (AUG 4 RAIN DT) 6-7:15 PM
5) MON MAY 31, JUNE 7, 14, 21 6-7:15 PM 11) WED JULY 7, 14, 21, 28 (AUG 4 RAIN DT) 7:15-8:30 PM
6) WED JUNE 2, 9, 16, 23 (JUNE 30 RAIN DT) 6-7:15 PM 12) WED JULY 7, 14, 21, 28 (AUG 4 RAIN DT) 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+ HST**

SESSION 1) WED APR 28, MAY 5, 12, 19 (MAY 26 RAIN DT) 7:15-8:30 PM 4) WED JUNE 2, 9, 16, 23 (JUNE 30 RAIN DT) 8:30-9:45 PM
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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+ HST**

SESSION 1) THURS APR 29, MAY 6, 13, 20, 27 6-7 PM 2) THURS JUNE 3, 10, 17, 24 JULY 8 6-7 PM 3) WED JULY 7, 14, 21, 28 6-7:15 PM

TENNIS FITNESS/WORKOUT

IMPROVE YOUR GAME AND FITNESS IN A SERIES OF FEEDING 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+ HST**

SESSION 1) MON APR 26, MAY 3, 10, 17 6-7 PM 3) MON MAY 31, JUNE 7, 14, 21 6-7 PM 4) MON JUNE 28, JULY 5, 12, 19 6-7 PM
2) WED APR 28, MAY 5, 12, 19 (MAY 26 RAIN DT) 6:15-7:15 PM WE WILL ADD MORE CLASSES IF THERE IS A DEMAND.

PRIVATE LESSONS

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

BEN ARMSTRONG (HEAD PRO) TC COACH 3 CLUB PRO 2 \$60/ hour 416-995-2237 benarmstrong@look.ca
ALAN BUTLER \$45/ hour (3 for \$120; Semi-priv: \$50/hr) 416-460-2054 al_butler@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 LESSON PARTICIPANTS - PLUS GREAT DEALS AND SPECIALS FOR BEGINNERS!!!