

2016 Adult Tennis Lessons

Please note: You must be a Howard Park member to participate in Adult group lessons
Please see the **ratings page** on the club website for detailed description of NTPR levels of play.

THE BASICS FOR BEGINNERS

This is an introduction to fundamental skills for adult beginners with no playing experience or instruction (If you have played in the past or played other racquet sports, please consider the next level). Progressive tennis is used (court size and balls). Loaner racquets are available. Please try "Time to Play" to compliment the lessons, practice and to meet other players.

Sessions:		Cost: \$65 +HST	NTPR Levels: 1.0 to 1.5
1. Mon Apr 25, May 2, 9, 16	6-7 p.m.	4. Mon May 30, June 6, 13, 20 (June 27 Rain Date)	6-7 p.m.
2. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	6-7 p.m.	5. Wed Jun 1, 8, 15, 22 (June 29 Rain Date)	6-7 p.m.
3. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	7-8 p.m.		

If there is a demand, we will add additional sessions. Please contact Ben.

SOLIDIFYING THE BASICS - ADVANCED BEGINNERS

Train the basic technical and tactical elements for singles and doubles play. Progressive tennis balls may be used to accelerate learning. *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.*

Sessions:		Cost: \$85 +HST	NTPR Levels: 1.5 to 2.0
1. Mon Apr 25, May 2, 9, 16	6-7 p.m.	11. Mon Jul 4, 11, 18, 25 (Aug 1 Rain Date)	6-7 p.m.
2. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	6-7 p.m.	12. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date)	6-7 p.m.
3. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	7-8 p.m.	13. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date)	7-8 p.m.
4. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	8-9 p.m.	14. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date)	8-9 p.m.
5. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	9-10 p.m.	15. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date)	9-10 p.m.
6. Mon May 30, June 6, 13, 20 (June 27 Rain Dt)	6-7 p.m.	16. Mon Aug 8, 15, 22, 29	6-7 p.m.
7. Wed Jun 1, 8, 15, 22 (June 29 Rain Date)	6-7 p.m.	17. Wed Aug 10, 17, 24, 31	6-7 p.m.
8. Wed Jun 1, 8, 15, 22 (June 29 Rain Date)	7-8 p.m.	18. Wed Aug 10, 17, 24, 31	7-8 p.m.
9. Wed Jun 1, 8, 15, 22 (June 29 Rain Date)	8-9 p.m.	19. Wed Aug 10, 17, 24, 31	8-9 p.m.
10. Wed Jun 1, 8, 15, 22 (June 29 Rain Date)	9-10 p.m.	20. Wed Aug 10, 17, 24, 31	9-10 p.m.

REVIEW FOR INTERMEDIATES

Review some of the fundamental strategies and techniques of the game. Work on your serve, return, groundstrokes and net play and some of the tactics in each situation.

Sessions:		Cost: \$85 +HST	NTPR Levels: 2.5 to 3.0
1. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	7-8 p.m.	7. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date)	7-8 p.m.
2. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	8-9 p.m.	8. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date)	8-9 p.m.
3. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date)	9-10 p.m.	9. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date)	9-10 p.m.
4. Wed Jun 1, 8, 15, 22 (June 29 Rain Date)	7-8 p.m.	10. Wed Aug 10, 17, 24, 31	7-8 p.m.
5. Wed Jun 1, 8, 15, 22 (June 29 Rain Date)	8-9 p.m.	11. Wed Aug 10, 17, 24, 31	8-9 p.m.
6. Wed Jun 1, 8, 15, 22 (June 29 Rain Date)	9-10 p.m.	12. Wed Aug 10, 17, 24, 31	9-10 p.m.

SINGLES DRILLS

Experience some fast paced singles drills. Work on basic singles strategies such as playing with depth, increasing tempo, hitting to opponents weakness, moving the opponent and more.

Sessions:		Cost: \$85 +HST	NTPR Levels: See session
1. Mon Apr 25, May 2, 9, 16 level 2.5+	6-7 p.m.	9. Mon Jul 4, 11, 18, 25 (Aug 1 Rain Date) 2.5+	6-7 p.m.
2. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date) 3.0+	9-10 p.m.	10. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date) 3.0+	8-9 p.m.
3. Wed Apr 27, May 4, 11, 18 (May 25 Rain Date) 3.0+	10-11 p.m.	11. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date) 3.0+	9-10 p.m.
4. Sat Apr 30, May 7, 14, 28 level 3.5+	2-3 p.m.	12. Sat July 16, 23, Aug 6, 13 level 3.5+	2-3 p.m.
5. Mon May 30, June 6, 13, 20 (June 27 Rain Dt) 2.5+	6-7 p.m.	13. Mon Aug 8, 15, 22, 29 level 2.5+	6-7 p.m.
6. Wed Jun 1, 8, 15, 22 (June 29 Rain Date) 3.0+	9-10 p.m.	14. Wed Aug 10, 17, 24, 31 level 2.5+	6-7 p.m.
7. Wed Jun 1, 8, 15, 22 (June 29 Rain Date) 3.5+	10-11 p.m.	15. Wed Aug 10, 17, 24, 31 level 2.5+	7-8 p.m.
8. Sat June 11, 18, 25, July 2 level 3.5+	2-3 p.m.	16. Wed Aug 10, 17, 24, 31 level 3.0+	8-9 p.m.

DOUBLES DRILLS

Learn court coverage in a systematic approach and the tactics to build a solid doubles game around.

Cost: \$85+HST		NTPR Levels: See session	
1. Wed Apr 27, May 4, 11, 18 (May 25 Rain Dt) 3.0+	6-7 p.m.	6. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date) 2.5+	7-8 p.m.
2. Sat Apr 30, May 7, 14, 28 level 3.5+	3-4 p.m.	7. Sat July 16, 23, Aug 6, 13 level 3.5+	3-4 p.m.
3. Wed Jun 1, 8, 15, 22 (June 29 Rain Date) 3.0+	6-7 p.m.	8. Wed Aug 10, 17, 24, 31 level 2.0+	6-7 p.m.
4. Sat June 11, 18, 25, July 9 level 3.5+	3-4 p.m.	9. Wed Aug 10, 17, 24, 31 level 2.0+	9-10 p.m.
5. Wed Jul 6, 13, 20, 27 (Aug 3 Rain Date) 2.5+	6-7 p.m.		

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 cardio workout, hit a ton of balls and do some tennis related exercises.

Cost: \$65 +HST		Levels: All	
1. Tues May 3, 10, 17, 24 (May 31 Rain Date)	6-7 p.m.	5. Tues July 5, 12, 19, 26	6-7 p.m.
2. Tues May 5, 12, 19, 26 (Jun 2 Rain Date)	6-7 p.m.	6. Thurs July 7, 14, 21, 28	6-7 p.m.
3. Tues June 7, 14, 21, 28	6-7 p.m.	7. Tues Aug 2, 9, 16, 23 (Aug 30 Rain Date)	6-7 p.m.
4. Thurs June 9, 16, 23, 30	6-7 p.m.	8. Thurs Aug 4, 11, 18, 25 (Sept 1 Rain Dt)	6-7 p.m.