

Hamilton Tennis Club – Adult Programs 2020

- All sessions run once a week for the noted number of weeks.
- Rain cancels all classes. If rain cancels a class, that missed class will be added onto the end of the session. There will be no refunds.
- There will be no make-up classes for any classes missed by the participant.
- There will be a maximum of 4 participants per instructor. Due to COVID-19, all classes will be limited to 4 participants per court and all participants must adhere to the social distancing rules that will be in place.
- Open to members and non-members of the Hamilton Tennis Club.
- Register for all tennis programs online at www.thecourtmasters.com.
- Contact Mischa Mackesy for more information at 905-930-8470.

Location: Hamilton Tennis Club - 257 Duke Street (located behind Locke Street)

TENNIS FITNESS

How many balls can you hit in an hour? Tennis Fitness is a fun, group activity featuring drills to give players of ALL abilities an ultimate, high energy workout. Each drill is designed to be fun, challenging and gets you moving. Emphasis is on raising your heart rate into the aerobic training zone, not stroke execution. If you are looking for a new way to get in shape and burn calories, you must try Tennis Fitness! Come ready to sweat!

Cost: Member of HTC: \$140 per session (7 weeks in total) + HST
Non-member of HTC: \$175 per session (7 weeks in total) + HST

Session 1: July 9 - August 20, 2020 Thursdays 7:15-8:15pm
Session 2: September 3 - October 15, 2020 Thursdays 7:15-8:15pm

STROKE CLINIC

The Stroke Clinic is a perfect program for those players that have already been introduced to the game through Tennis 101 and Tennis 201 or for those that are just looking for a refresher. Each week a new stroke is analyzed. An emphasis is placed upon technique and rallying skills.

Cost: Member of HTC: \$140 per session (7 weeks in total) + HST
Non-member of HTC: \$175 per session (7 weeks in total) + HST

Session 1: July 6 - August 24, 2020 (off Aug. 3) Mondays 7:45-8:45pm

TENNIS 101

In this beginner program you will receive instruction on the two basic strokes - forehand and backhand - with the goal of learning rally consistently. There will be considerable emphasis on hand-eye co-ordination exercises and basic body movements. You will be introduced to the serve, volley, scoring system and rules of the game. Please inquire about the HTC membership offer for Tennis 101 participants.

Cost: Member of HTC: \$80 per session (4 weeks in total) + HST
Non-member of HTC: \$100 per session (4 weeks in total) + HST

Session 1:	July 9 - July 30, 2020	Thursdays 6:00-7:00pm
Session 2:	July 13 - August 10, 2020 (off Aug. 3)	Mondays 6:30-7:30pm
Session 3:	July 21 - August 11, 2020	Tuesdays 9:00-10:00pm
Session 4:	July 28 - August 18, 2020	Tuesdays 6:00-7:00pm
Session 4:	August 12 - September 2, 2020	Wednesdays 9:00-10:00pm
Session 6:	August 25 - September 15, 2020	Tuesdays 9:00-10:00pm
Session 7:	September 16 - October 7, 2020	Wednesdays 9:00-10:00pm

TENNIS 201

This novice program continues where Tennis 101 left off. All core fundamental strokes will be practiced. Emphasis will be placed on rallying skills and point play or games. You are encouraged to participate in the Novice Round Robin on Tuesday nights. Please see the round robin information. Please inquire about the HTC membership offer.

Cost: Member of HTC: \$80 per session (4 weeks in total) + HST
Non-member of HTC: \$100 per session (4 weeks in total) + HST

Session 1:	July 8 - July 29, 2020	Wednesdays 9:00-10:00pm
Session 2:	August 13 - September 3, 2020	Thursdays 6:00-7:00pm

TENNIS 101 & 201 MEMBERSHIP OFFER

If you choose to purchase a membership before, during or at the end of your Tennis 101/201 program, you are entitled to receive a discount on your membership. Adults will receive \$45 off the 2020 Adult membership rate. Young Adults (age 30 and under) will receive \$25 off the 2020 Young Adult membership rate.

TENNIS CLINICS

We will again be offering weekly adult clinic days throughout the season. These clinics are geared for the novice/intermediate level players. Beginners are encouraged to register for our Tennis 101 and 201 programs. Each week a different stroke will be analyzed and trained. Register for the clinics that are of interest to you. Repetition and practice are keys to improving your tennis game. Register online at www.thecourtmasters.com.

Cost: Member of HTC:	\$20 per clinic + HST
Non-member of HTC:	\$25 per clinic + HST

Clinic 1:	Groundstrokes	Thursday, July 9, 2020	8:30 - 9:30pm
Clinic 2:	Serves & Returns	Thursday, July 16, 2020	8:30 - 9:30pm
Clinic 3:	Playing at the Net	Thursday, July 23, 2020	8:30 - 9:30pm
Clinic 4:	Groundstrokes	Thursday, July 30, 2020	8:30 - 9:30pm
Clinic 5:	Serves & Returns	Thursday, August 6, 2020	8:30 - 9:30pm
Clinic 6:	Playing at the Net	Thursday, August 13, 2020	8:30 - 9:30pm
Clinic 7:	Groundstrokes	Thursday, August 20, 2020	8:30 - 9:30pm
Clinic 8:	Serves & Returns	Thursday, August 27, 2020	8:30 - 9:30pm
Clinic 9:	Playing at the Net	Thursday, Sept. 3, 2020	8:30 - 9:30pm
Clinic 10:	Groundstrokes	Thursday, Sept. 10, 2020	8:30 - 9:30pm
Clinic 11:	Serves & Returns	Thursday, Sept. 17, 2020	8:30 - 9:30pm

NOVICE ROUND ROBIN

On Tuesday nights, Head Pro Mischa Mackesy will be running a drop-in novice doubles round robin. Participants will be arranged into various non-competitive singles and doubles games. Mischa will be there to assist you in learning to play the game.

Start Date:	TBD
Time:	Tuesdays 7:15 - 8:45pm
Cost:	Member of HTC: FREE
	Non-member of HTC: \$15 per week

PRIVATE ADULT TENNIS LESSONS

Private one hour tennis lessons can be arranged directly with Head Pro Mischa Mackesy. Mischa can be reached at mischa@thecourtmasters.com or by phone at 905-517-5672.

Private Lesson:	Member of HTC:	\$60 per lesson + HST
	Non-member of HTC:	\$75 per lesson + HST
Semi-Private Lesson: (2 people)	Members of HTC:	\$70 per lesson + HST
	Non-members of HTC:	\$100 per lesson + HST

Private Lesson Packages:

- All packages must be used by the end of the 2020 outdoor HTC season.
- All packages must be pre-paid in full and are fully transferable.
- Packages are not available for semi-private lessons.

Package of 4 Private Lessons:

Member of HTC:	\$220 + HST (\$55 per lesson)
Non-member of HTC:	\$280 + HST (\$70 per lesson)