

Hamilton Tennis Club – Adult Programs 2018

- All sessions run once a week for five weeks unless otherwise noted.
- 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 6-8 students per instructor. A minimum of 4 participants is required to run each session.
- Open to members and non-members of the Hamilton Tennis Club.
- Register for all tennis programs online at www.thecourtmasters.com.
- Contact Mischa or Marcela Mackesy for more information at 905-930-8470.

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

DOUBLES CLINIC

This doubles clinic is geared toward the novice/intermediate level player. Technical and tactical drills will be used to emphasize proper movement and formations in the doubles game. There will be point play included in this clinic.

Session 1: May 4 - June 22, 2018 Fridays 10:30am-12:30pm

Cost: Member of HTC: \$256 per session + HST
Non-member of HTC: \$304 per session + HST

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!

Session 1: May 4 - June 22, 2018 Fridays 9:30-10:30am

Cost: Member of HTC: \$128 per session + HST
Non-member of HTC: \$152 per session + HST
** Session 1 is eight weeks in length

Session 2: May 10 - June 7, 2018 Thursdays 6:30-7:30pm

Session 3: June 21 - July 19, 2018 Thursdays 6:30-7:30pm

Session 4: August 2 - August 30, 2018 Thursdays 6:30-7:30pm

Session 5: September 7 - October 5, 2018 Fridays 9:30-10:30am

Cost: Member of HTC: \$80 per session + HST
Non-member of HTC: \$95 per session + HST
** Sessions 2 - 5 are 5 weeks in length

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 + HST
Non-member of HTC: \$95 per session + HST

Session 1: May 9 - June 6, 2018 Wednesdays 8:30-9:30pm
Session 2: May 15 - June 12, 2018 Tuesdays 6:30-7:30pm
Session 3: May 31 - June 28, 2017 Thursdays 8:30-9:30pm
Session 4: June 26 - July 24, 2018 Tuesdays 6:30-7:30pm
Session 5: July 12 - August 9, 2018 Thursdays 8:30-9:30pm
Session 6: August 1 - August 29, 2018 Wednesdays 8:30-9:30pm
Session 7: August 7 - September 4, 2018 Tuesdays 6:30-7:30pm

TENNIS 101 - CRASH COURSE

Again this season, you can now complete the Tennis 101 program in a one day format. Learn the entire Tennis 101 program in 3 hours! This is for participants that cannot commit to a weekly time slot. This is an accelerated course that will teach you the basics.

Cost: Member of HTC: \$50 per session + HST
Non-member of HTC: \$59 per session + HST

Session 1: Saturday, May 19, 2018 9:30am - 12:30pm
Session 2: Sunday, June 24, 2018 1:00 - 4:00pm

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 + HST
Non-member of HTC: \$95 per session + HST

Session 1: May 15 - June 12, 2018 Tuesdays 9:00-10:00pm

Session 2:	June 20 - July 18, 2018	Wednesdays 8:30-9:30pm
Session 3:	June 26 - July 24, 2018	Tuesdays 9:00-10:00pm
Session 4:	August 7 - September 4, 2018	Tuesdays 9:00-10:00pm

TENNIS 101 & 201 MEMBERSHIP OFFER

If you choose to purchase a membership 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 2018 Adult membership rate. Young Adults (age 30 and under) will receive \$25 off the 2018 Young Adult membership rate. The Tennis 101 offer can be used only once. The Tennis 201 offer can be used for two consecutive years. We hope you take advantage of this great deal. Please see the club directly to purchase your membership.

TENNIS CLINICS

NEW THIS YEAR, we will 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.

<u>Cost:</u> Member of HTC:	\$17 per clinic + HST
Non-member of HTC:	\$20 per clinic + HST

Dates:

Clinic 1:	Serves	Thursday, May 10, 2018	7:30 - 8:30pm
Clinic 2:	Groundstrokes	Thursday, May 17, 2018	7:30 - 8:30pm
Clinic 3:	Serves & Returns	Thursday, May 24, 2018	7:30 - 8:30pm
Clinic 4:	Volleys & Overheads	Thursday, May 31, 2018	7:30 - 8:30pm
Clinic 5:	Backhands	Thursday, June 7, 2018	7:30 - 8:30pm
Clinic 6:	Forehands	Thursday, June 14, 2018	7:30 - 8:30pm
Clinic 7:	Half Volleys & Drop Shots	Thursday, June 21, 2018	7:30 - 8:30pm
Clinic 8:	Approach Shots & Volleys	Thursday, June 28, 2018	7:30 - 8:30pm
Clinic 9:	Serves	Thursday, July 5, 2018	7:30 - 8:30pm
Clinic 10:	Groundstrokes	Thursday, July 12, 2018	7:30 - 8:30pm
Clinic 11:	Volleys & Overheads	Thursday, July 19, 2018	7:30 - 8:30pm
Clinic 12:	Serves & Returns	Thursday, July 26, 2018	7:30 - 8:30pm
Clinic 13:	Backhands	Thursday, August 2, 2018	7:30 - 8:30pm
Clinic 14:	Forehands	Thursday, August 9, 2018	7:30 - 8:30pm
Clinic 15:	Half Volleys & Drop Shots	Thursday, August 16, 2018	7:30 - 8:30pm
Clinic 16:	Approach Shots & Volleys	Thursday, August 23, 2018	7:30 - 8:30pm
Clinic 17:	Serves	Thursday, August 30, 2018	7:30 - 8:30pm

ROUND ROBIN & DRILL

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 as well as participate in some tennis drills with the pro to practice their skills.

Start Date: Tuesday, May 15, 2018 and continues until the end of August.

Time: Tuesdays 7:30 - 9:00pm

Cost: Member of HTC: \$15 per week

Non-member of HTC: \$20 per week (Includes \$5 guest fee)

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: \$70 per lesson + HST

Semi-Private Lesson: Members of HTC: \$70 per lesson + HST
(2 people) Non-members of HTC: \$90 per lesson + HST

Private Lesson Packages:

- All packages must be used by the end of the 2018 outdoor HTC season.
- All packages must be pre-paid in full.
- Packages are not available for semi-private lessons.
- Lessons are fully transferable.

Package of 4 Private Lessons:

Member of HTC: \$220 + HST (\$55 per lesson)

Non-member of HTC: \$260 + HST (\$65 per lesson)

Package of 8 Private Lessons:

Member of HTC: \$400 + HST (\$50 per lesson)

Non-member of HTC: \$480 + HST (\$60 per lesson)