

Hamilton Tennis Club – Adult Programs 2019

- All sessions run once a week for six 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 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.

Cost: Member of HTC: \$200 per session + HST
Non-member of HTC: \$236 per session + HST

Session 1: May 10 - June 14, 2019 Fridays 10:30am-12:30pm
Session 2: September 6 - October 11, 2019 Fridays 10:30am-12:30pm

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: \$100 per session + HST
Non-member of HTC: \$118 per session + HST

Session 1: May 4 - June 15, 2019 (off May 18) Saturdays 9:30-10:30am
Session 2: May 9 - June 13, 2019 Thursdays 7:30-8:30pm

Session 3:	May 10 - June 14, 2019	Fridays 9:30am-10:30am
Session 4:	June 27 - August 1, 2019	Thursdays 7:30-8:30pm
Session 5:	August 15 - Sept. 26, 2019 (off Aug. 29)	Thursdays 7:30-8:30pm
Session 6:	September 6 - October 11, 2019	Fridays 9:30-10:30am

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.

<u>Cost:</u> Member of HTC:	\$100 per session + HST
Non-member of HTC:	\$118 per session + HST

Session 1:	May 4 - June 15, 2019 (off May 18)	Saturdays 10:30-11:30am
Session 2:	May 8 - June 12, 2019	Wednesdays 8:30-9:30pm
Session 3:	May 21 - June 25, 2018	Tuesdays 9:00-10:00pm
Session 4:	June 20 - July 25, 2019	Thursdays 6:30-7:30pm
Session 5:	July 9 - August 20, 2019 (off Aug. 6)	Tuesdays 6:30-7:30pm
Session 6:	August 14 - Sept. 25, 2019 (off Aug. 28)	Wednesdays 8:30-9:30pm

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.

<u>Cost:</u> Member of HTC:	\$100 per session + HST
Non-member of HTC:	\$118 per session + HST

Session 1:	May 24 - June 28, 2019	Fridays 8:30-9:30pm
Session 2:	June 26 - July 31, 2019	Wednesdays 8:30-9:30pm
Session 3:	July 9 - August 20, 2019 (off Aug. 6)	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 2019 Adult membership rate. Young Adults (age 30 and under) will receive \$25 off the 2019 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. The Tennis Fitness clinic is a fast paced clinic where you will hit lots of balls in the hour. 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: \$17 per clinic + HST
Non-member of HTC: \$20 per clinic + HST

Dates:

Clinic 1:	Groundstrokes	Thursday, May 9, 2019	8:30 - 9:30pm
Clinic 2:	Serves & Returns	Thursday, May 16, 2019	8:30 - 9:30pm
Clinic 3:	Topspin & Slice	Thursday, May 23, 2019	8:30 - 9:30pm
Clinic 4:	Playing at the Net	Thursday, May 30, 2019	8:30 - 9:30pm
Clinic 5:	Tennis Fitness	Thursday, June 6, 2019	8:30 - 9:30pm
Clinic 6:	Groundstrokes	Thursday, June 13, 2019	8:30 - 9:30pm
Clinic 7:	Serves & Returns	Thursday, June 20, 2019	8:30 - 9:30pm
Clinic 8:	Topspin & Slice	Thursday, June 27, 2018	8:30 - 9:30pm
Clinic 9:	Playing at the Net	Thursday, July 4, 2019	8:30 - 9:30pm
Clinic 10:	Tennis Fitness	Thursday, July 11, 2019	8:30 - 9:30pm
Clinic 11:	Groundstrokes	Thursday, July 18, 2019	8:30 - 9:30pm
Clinic 12:	Serves & Returns	Thursday, July 25, 2019	8:30 - 9:30pm
Clinic 13:	Tennis Fitness	Thursday, August 1, 2019	8:30 - 9:30pm
Clinic 14:	Groundstrokes	Thursday, August 15, 2019	8:30 - 9:30pm
Clinic 15:	Serves & Returns	Thursday, August 22, 2019	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: Tuesday, May 21, 2019 and continues until August 20, 2019

Time: Tuesdays 7:30 - 9:00pm

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:	\$70 per lesson + HST

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

Private Lesson Packages:

- All packages must be used by the end of the 2019 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)