

Hamilton Tennis Club – Adult Programs 2021

- All sessions run once a week for four 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 4-6 participants per instructor. Due to COVID-19, all classes will be limited to 4-6 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: \$80 per session (4 weeks in total) + HST
Non-member of HTC: \$100 per session (4 weeks in total) + HST

Session 1:	June 2 - June 23, 2021 CANCELLED	Wednesdays 9:30-10:30am
Session 2:	May 13 - June 3, 2021 CANCELLED	Thursdays 7:30-8:30pm
Session 3:	June 17 - July 15, 2021 (off July 1)	Thursdays 7:30-8:30pm
Session 4:	July 29 - August 19, 2021	Thursdays 7:30-8:30pm
Session 5:	September 2 - September 23, 2021	Thursdays 7:30-8:30pm
Session 6:	September 8 - September 29, 2021	Wednesdays 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.

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:	May 13 - June 3, 2021 CANCELLED	Thursdays 8:30-9:30pm
Session 2:	May 25 - June 15, 2021 CANCELLED	Tuesdays 9:00-10:00pm
Session 3:	June 19 - July 17, 2021 CANCELLED	Saturdays 1:00-2:00pm
Session 4:	June 17 - July 15, 2021 (off July 1)	Thursdays 6:30-7:30pm
Session 5:	June 23 - July 14, 2021	Wednesdays 8:30-9:30pm
Session 6:	June 29 - July 20, 2021	Tuesdays 6:30-7:30pm
Session 7:	July 28 - August 18, 2021	Wednesdays 8:30-9:30pm
Session 8:	July 29 - August 19, 2021	Thursdays 6:30-7:30pm
Session 9:	August 3 - August 24, 2021	Tuesdays 9:00-10:00pm
Session 10:	September 1 - September 22, 2021	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.

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:	June 2 - June 23, 2021 CANCELLED	Wednesdays 8:30-9:30pm
Session 2:	June 17 - July 15, 2021 (off July 1)	Thursdays 8:30-9:30pm
Session 3:	June 29 - July 20, 2021	Tuesdays 9:00-10:00pm
Session 4:	July 29 - August 19, 2021	Thursdays 8:30-9:30pm
Session 5:	August 3 - August 24, 2021	Tuesdays 6:30-7:30pm
Session 6:	September 2 - September 23, 2021	Thursdays 8:30-9:30pm

TENNIS CLINICS

We will again be offering weekly adult clinic days throughout the season. These clinics are geared for the intermediate level player. Beginners are encouraged to register for our Tennis 101 and 201 programs. Each week a different theme 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	Monday, June 21, 2021	8:30 - 9:30pm
Clinic 2:	Serves & Returns	Monday, June 28, 2021	8:30 - 9:30pm
Clinic 3:	Playing at the Net	Monday, July 5, 2021	8:30 - 9:30pm
Clinic 4:	Groundstrokes	Monday, July 12, 2021	8:30 - 9:30pm
Clinic 5:	Serves & Returns	Monday, July 19, 2021	8:30 - 9:30pm
Clinic 6:	Playing at the Net	Monday, July 26, 2021	8:30 - 9:30pm
Clinic 7:	Groundstrokes	Monday, August 9, 2021	8:30 - 9:30pm
Clinic 8:	Serves & Returns	Monday, August 16, 2021	8:30 - 9:30pm

Clinic 9: Playing at the Net

Monday, August 23, 2021 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 25, 2021

** Must register each week with the tennis club

Time: Tuesdays 7:30-9:00pm

Cost: Member of HTC: FREE

Non-member of HTC: \$15/week (depending on covid protocols)

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: \$65 per lesson + HST

Non-member of HTC: \$80 per lesson + HST

Semi-Private Lesson: Members of HTC: \$80 per lesson + HST

(2 people) Non-members of HTC: \$110 per lesson + HST

Private Lesson Packages:

- All packages must be used by the end of the 2021 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: \$240 + HST (\$60 per lesson)

Non-member of HTC: \$300 + HST (\$75 per lesson)