

# 2012 ADULT LESSONS APPLICATION FORM

Student's Name: \_\_\_\_\_

Level of Play: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Session(s): \_\_\_\_\_

Date(s): \_\_\_\_\_

Lesson Fee:

## CHEQUES PAYABLE TO "SHOT SELECTIONS"

Waiver and Release of Liability  
I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE and HOLD HARMLESS MIKE THOMSON, ROSETHORN TENNIS CLUB, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners, and the lessor of premises used to conduct the event ("releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damages to persons or property, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

Signature: \_\_\_\_\_

### Mail applications with attached cheque to:

Shot Selections  
271 Ridley Blvd. Suite 1202  
Toronto, Ontario  
M5M 2N1

Students must be members of The Club to participate in the Adult Programs. Rosethorn & Shot Selections reserves the right to cancel or change programs based on demand and court availability.

## SINGLES STRATEGY

- Court positioning
- Serving for singles
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of singles
- 4:1 student to teacher ratio

## DOUBLES STRATEGY

Rating 3.0-4.5

- Court positioning, and playing as a team
- Serving for doubles
- Doubles strategy and drills
- Tie-breaker match play
- 4:1 student to teacher ratio

## BEGINNER

Rating 1.0-2.5

- Promotes the love of tennis
- Focus is on technical and tactical skills, movement, court sense, basic understanding of the rules
- 5:1 student to teacher ratio

## INTERMEDIATE

Rating 3.0-3.5

- Basics of tactical play
- Swing rhythm on both forehand and backhand, introduce topspin
- Differentiate between volleys and ground strokes
- Focus on serving styles and return of serve
- 4:1 & 5:1 student to teacher ratio

## ADVANCED

Rating 4.0-4.5

- Competitive level players
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of singles/doubles
- Move from recreational to competitive level
- 4:1 student to teacher ratio

## Workout (3.0+)

- Intense drills, physical conditioning, tennis aerobic
- 5:1 student to teacher ratio

# 2012 ADULT LESSONS

Program	Monday	Cost*	SESSION		
			1	2	3
Morning Work Out (4:1)	7:00am - 9:00am	\$288			
Intermediate (4:1) 7wk	12:00pm - 2:00pm	\$252			

  

Program	Wednesday	Cost*	SESSION		
			1	2	3
Morning Work Out (4:1)	7:00am - 9:00am	\$288			
Intermediate (4:1) 7wk	1:00pm - 3:00pm	\$252			

  

Program	Thursday	Cost*	SESSION		
			1	2	3
Singles Strategy(4:1)	7:00am - 9:00am	\$288			
Doubles Strategy(4:1) 7wk	12:00pm - 2:00pm	\$252			
Beginner (5:1)	6:00pm - 7:00pm	\$120			

  

Program	Friday	Cost*	SESSION		
			1	2	3
Beginner (5:1)	6:00pm - 7:00pm	\$120			
Intermediate (5.1)	7:00pm - 9:00pm	\$240			
Advanced (4:1)	9:00pm - 11:00pm	\$288			

  

Program	Saturday	Cost*	SESSION		
			1	2	3
Intermediate (5.1)	12:00pm - 1:00pm	\$120			
Doubles Startegy (4:1)	1:00pm - 3:00pm	\$288			
Beginner (5:1)	3:00pm - 4:00pm	\$120			

  

Program	Sunday	Cost*	SESSION		
			1	2	3
Intermediate (4.1)	1:00pm - 3:00pm	\$288			

**Grey box indicates session is not available**

Interested in Private Lessons? YES / NO

Availability: Day / Time