

# 2012 Rosethorn Adult Tennis Program July-August



## Beginner (2.0-2.5)

Thursdays 6-7 pm \$120 /8 weeks

Fridays 6-7 pm \$120 /8 weeks

Saturdays 3-4pm \$120/8 weeks

- June 28 - Aug 16 / Thursdays
- June 29 - Aug 17 / Fridays
- June 30 - Aug 18 / Saturdays

- Beginner level promotes a love of tennis and the desire to improve skills
- Focus on technical and tactical skills, movement, court sense, rules and positioning
- 5:1 student to teacher ratio

## Advanced (4.0+)

Fridays 9-11pm \$288 /8 weeks

- June 29 - Aug 17 / Fridays
- Competitive and pre-competitive level players
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of singles/doubles
- Move beyond recreational to competitive level
- Expectation is to complement training with participation in local tournaments and leagues
- 4:1 student to teacher ratio

## Intermediate (3.0-3.5)

Fridays 7-9pm \$240 /8 weeks

Saturdays 12pm \$120 /8 weeks

Sundays 12-2pm \$288 /8 weeks

- June 29 - Aug 17 / Fridays
- June 30 - Aug 18 / Saturdays
- July 1 - Aug 19 / Sundays
- Basics of tactical play for singles and doubles
- Emphasize swing rhythm for forehand and backhand
- Introduce topspin
- Differentiate between volleys and ground strokes
- Focus on different serving styles as well as return of serve
- 5:1 student to teacher ratio
- 4:1 student to teacher ratio on Sundays

## Morning Workout (3.0+)

Mondays 7:00 - 9:00 am \$288 / 8 weeks

Tuesdays 7:00 - 9:00 am \$288 / 8 weeks

Wednesdays 7:00 - 9:00 am \$288 / 8 weeks

- June 25 - Aug 13
- June 26 - Aug 14
- June 27 - Aug 15
- Intense drills
- Physical conditioning
- Aerobic tennis development
- 4:1 student to teacher ratio

## PRO'S CORNER

### Mike Thomson

**Email:** [ShotSelections@rogers.com](mailto:ShotSelections@rogers.com)

**Bus.:** 416-485-5531

**Cell:** 416-820-1993

### Blanka Yelavich

647-990-4591

### Mark Iuliano

416-258-8526

### Paul Lutz

416-882-2927

	Head Pro Rates:	Assistant Pro Rates:
Private:	\$60/hr	\$50/hr
Semi-Private:	\$31.50/hr	\$27/hr
Group (3ppl)	\$23/hr	\$23/hr
Group (4ppl)	\$18/hr	\$18/hr

## Doubles Strategy (3.0-4.5)

Saturdays 1:00 - 3:00 pm \$288 / 8 weeks

- July 2 - Aug 20
- Court positioning, and playing as a team
- Serving for doubles
- Doubles strategy and drills
- Tie-breaker match play
- 4:1 student to teacher ratio

## Private & Group Lessons

Our club pros are pleased to develop your game in private, semi and group lessons. Please contact pros for details.

## Signing Up

All lessons are based on a first come first serve basis. Please sign up with one of the shot selections team.

## Rain Policy

*In the event of rain or inclement weather, group lessons will be scheduled onto another group of the same level by the pro. Rain date's will occur within 7 days of the original lesson date. Please contact the clinic pro regarding the scheduling changes.*



### Mailing Address

c/o Mike Thomson  
271 Ridley Blvd., Suite 1202  
Toronto, ON M5M 4N1



Make cheques payable to Shot Selections