

2012 Rosethorn Adult Tennis Program May-June

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

• April 30 - June 18

• May 1 - June 19

• May 2 - June 20

• Intense drills

• Physical conditioning

• Aerobic tennis development

• 4:1 student to teacher ratio

Doubles Strategy (3.0-4.5)

Thursdays 12:00 - 2:00 pm \$252 / 7 weeks

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

• May 3 - June 21

• May 5 - June 23

• 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 (2.0-2.5)

Thursdays 6-7 pm \$120 / 8 weeks

Fridays 6-7 pm \$120 / 8 weeks

Saturdays 3-4pm \$120/8 weeks

• May 3 - June 21 / Thursdays

• May 4 - June 22 / Fridays

• May 5 - June 23 / 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

Intermediate (3.0-3.5)

Mondays 11-1pm \$252 / 7 weeks

Wednesdays 1-3pm \$252 / 7 weeks

Fridays 7-9pm \$240 / 8 weeks

Saturdays 12pm \$120 / 8 weeks

Sundays 12-2pm \$288 / 8 weeks

• April 30 - June 18 / Mondays

• May 2 - June 20 / Wednesdays

• May 4 - June 22 / Fridays

• May 5 - June 23 / Saturdays

• May 6 - June 24 / Sundays

• Basics of tactical play for singles and doubles

• Emphasize swing rhythm for forehand and backhand

• Differentiate between volleys and ground strokes

• Focus on different serving styles as well as return of serve

• 4:1 student to teacher ratio Mondays & Wednesdays

• 5:1 student to teacher ratio Fridays & Saturdays

Advanced (4.0+)

Fridays 9-11pm \$288 / 8 weeks

• May 4 - June 22

• 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

PRO'S CORNER

Mike Thomson

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	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
Group (5ppl)	\$15/hr	\$15/hr

Singles Strategy (3.0-4.5)

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

• May 3 - June 21

• Intense drills, Physical conditioning

• Serving for singles

• Singles 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.

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
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Make cheques payable to Shot Selections

SERVE 'EM UP!

