

Adult Program

Starting May 3rd to June 19 2010

Beginner Level (2.0-2.5)

Thursday 6-7pm \$80 / 7 weeks

- Beginner level promote a love to tennis and the desire to improve skills
- Focus on technical and tactical skills, movement court sense, rules and positioning.
- 6:1 student to teacher ratio

Intermediate (3.0-3.5)

Saturday 5-6pm \$80/ 7weeks

- Basic of tactical play for singles and doubles
- Emphasizes 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
- 6:1 student to teacher ratio

Advanced (4.0+)

Saturday 6-8pm \$160/7 weeks

- 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 complement training with participation in local tournaments and leagues
- 4:1 student to teacher ratio

Double strategy (4.0+)

Tuesday 9-11am \$160/7weeks

- Work on strategy, tactics and techniques for a winning doubles

Call Sulley (416-837-7354) or Dokrab22@yahoo.com