

Adult Program

Starting May 5Th to June 30Th June

Beginner Level (2.0-2.5)

Thursday 6-7pm \$85 / 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 or Sunday 5-6pm \$85/ 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

Advanced (4.0+)

Saturday or Sunday 6-8pm \$210/7 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 or Wednesday 9-11am \$210 /7weeks

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

Call Sulley (416-8377-354) Email Dokrab22@yahoo.

