

2023 Junior Tennis

SPRING AFTER SCHOOL PROGRAM

This program is designed to introduce kids to the sport of tennis and improve their motor skills. Children will be grouped according to their age and skill level and will play in a positive, fun-filled learning environment. After giving tennis a try, your children will definitely be wanting more.

Date: Mon May 19th - June 23rd

Twice weekly Wednesday & Friday, 4pm-6pm

Fee: \$180 for 5 weeks (10 sessions in total)

SUMMER DAY CAMP

Kids will enjoy an active, fun-filled summer on the courts at YWTC's Summer Day Camp. While the main focus is on tennis and agility training, participants will have the opportunity to enjoy other competitive activities both on- and off-court. The camp is a great way to keep your children active while making new friendships and learning sporting skills that will last them a lifetime.

Date: Monday, June 26th ~ Friday, September. 1st

Monday to Friday, 9am-11am, 11am-1pm, 1pm-3pm

Fee: \$400 / week (3 sessions daily)

\$280 / week (2 sessions daily)

\$150 / week (1 session daily)

Meet YWTC's Head Pro



Sulley Dowuona

- YWTC's Head Pro since 2002
- Coach 2 and Club Pro 2 certified by the Tennis Professional Association of Canada / a division of Tennis Canada
- Teaching pro and high-performance coach at Mayfair Tennis Club West & Toronto Tennis Academy
- Thompson Tennis School Collingwood
- Former ITF Satellite Tour player
- Former Ghana national team player

Sulley will be assisted by a team of Tennis Canada-certified instructors with abundant experience in teaching kids tennis.

YWTC applies a \$30 Junior Membership fee to students registering for 2 or more weeks of the After School Program and Summer Day Camp.

Tiny Tots

- For players aged 5 - 6
- Focus on motor skill development and overall athleticism
- Introduce basic movement, stroke production and coordination skills
- 6:1 student to teacher ratio

Beginner

- Designed to promote a love of tennis and the desire to improve skills
- Focus on technical and tactical skills, develop a sense of court movement, ball placement and knowledge of the rules of tennis
- 6:1 student to teacher ratio

Intermediate

- Basics of tactical play for singles and doubles
- Emphasize swing rhythm for forehand and backhand
- Introduction to topspin; differentiate between volleys and groundstrokes
- Focus on different serving styles as well as return of serve
- 4:1 student to teacher ratio

Advanced

- Move beyond recreational play to the competitive level
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of single/doubles
- Expectation is to complement training with OTA tournament and league play
- 4:1 student to teacher ratio

High-Performance Program

- Designed for the training of provincially and nationally ranked players who aspire to play for a US university team. Several of Sulley's students have earned scholarships and competed in Division 1 of the NCAA