

Tennis Lessons Brochure



What is it?

The Tennis Lessons program is a month-long program at Cambridge Tennis Club for junior tennis instruction consisting of tennis lessons given by qualified tennis coaches. There are 2 sessions, one in July, and one in August. For each session, students attend at designated times on Mondays, Wednesdays, and Fridays.

The Tennis Lessons program uses a progressive learning approach to instruction, where younger players use smaller courts, smaller racquets, and balls that are easier to hit. There are 3 different court sizes for Mini Tennis, Level 1, and Levels 2 and 3. Mini Tennis uses a half court, Level 1 uses $\frac{3}{4}$ court, and Levels 2 and 3 use the full court.

Students are grouped in classes of the same level (age and playing ability) to provide for the best possible learning environment. These are the 4 levels:

Age (Years old)	Level
4 - 6	Mini Tennis
7 - 9	1
10 - 12	2
13 - 17	3

Instruction includes customized drills, clinics, ball machine practice, match play, and more, according to age and playing ability. Sessions run 3 days a week for 4 weeks, for a total of 12 classes.

Who is it for?

The Tennis Lessons program is aimed at school summer break male and female juniors from 4-17 years of age. Both club members and non-club-members are welcome to participate. Club members get a price discount. All skill levels are welcome.

Class sizes are capped at 8 students per class. Minimum enrolment is 3 students per class

When does it take place?

Students can sign up for either July or August, or for both months. Classes take place on Mondays, Wednesdays, and Fridays of each week.

Students can sign up for one or both months on the following dates:

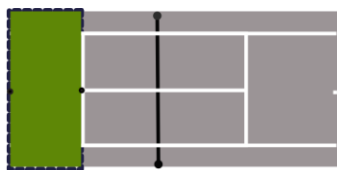
July	August
4–29	3–29

July classes start Monday, July 4, ends Friday July 29. **August** classes start Wednesday, August 3, ends Monday August 29. Classes take place according to the following ages/levels:

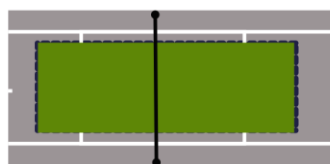
Class Time	Age (Years old)	Level	Duration
09.00 am to 10.00 am	4 - 6	Mini Tennis	60 mins
10.00 am to 11.30 am	7 - 9	1	90 mins
11.30 am to 01.00 pm	10 - 12	2	90 mins
01.00 pm to 02.30 pm	13-17	3	90 mins

Where does it take place?

The Tennis Lessons program runs at the Cambridge Tennis Club, 307 Dundas Highway, Cambridge, Ontario. One or two of the club's 4 courts are used for classes, with a qualified coach on each court, under the supervision of the club's head coach (James Rollinson). Courts are used as ½ court, ¾ court, or full court.



Half Court –Sponge Ball s



3/4 Court – Low Compression balls



Full Court – Regular Balls

How does the Tennis Lessons program work?

Students are divided into classes according to age and playing ability, showing up at designated times during Mondays, Wednesdays and Fridays of July and/or August. Qualified coaches then work with classes, performing drills and exercises to teach fundamental tennis skills. The program is structured in a progressive manner, meaning younger students play on smaller courts while levels 2 and 3 students play at different times on full-size courts. Level 1 students play on a ¾ sized court. Balls of appropriate compression are used according to ability and age to simplify learning.

Students can use their own racquets or can use racquets supplied by the club. Racquets are also available for purchase.

How do you register?

Tennis Lessons registration is completed online, using our simple electronic registration and payment process. Just click www.cambridgetennisclub.org/Junior and click the Tennis Lessons registration button. You will be taken to a web form that you can complete in a few minutes. Make payments using Paypal or Credit card. After a session reaches 8 paid registrants, registration is automatically closed, and no others can register for that session. Additional registrations are optionally placed in a waiting list.

How much does Tennis Lessons cost?

Students pay the following fees per session:

Time	Age (Years old)	Level	Cost	
			Members	Non-Members
09.00 am to 10.00 am	4 - 6	Mini Tennis	\$110	\$120
10.00 am to 11.30 am	7 - 9	1	\$140	\$150
11.30 am to 01.00 pm	10 - 12	2	\$140	\$150
01.00 pm to 02.30 pm	13-17	3	\$140	\$150

To pay the member rate, students must be registered members of Cambridge Tennis Club.

Note: For students who register for both July and August, a separate registration for each session is required.

For more information

Visit www.cambridgetennisclub.org/juniors or contact our club head coach, James Rollinson, at swingsports@hotmail.com.