

Sir Winston Churchill Park Tennis Club

ADULT FALL CLINICS

Mission: Programs to provide a fun play environment, which promote the improvement of technical and tactical skills, physical well-being and fostering a love for the game.

Clinic Details: Clinics are for **adult members only**.

Monday to Friday (except holidays)

Starting September 12, 2020

COVID-19 Safety Precautions: Social distancing measures will be expected from all players and will be reinforced.

Hands sanitizer will be available and will be required upon entering and exiting the courts. Mandatory daily screening, please monitor symptoms and stay home if feeling unwell.



Policies (refund and cancelations):

Minimum number of three participants to run. If clinic does not run, credit will be given. Players should use the self rating guide to determine the clinic level that best suits their current level to maximize fun and group development and may be asked to forfeit their spot if not within the appropriate level. (A partial refund will only be given if the spot is refilled). One rain date scheduled for each session, which may be scheduled for a different date/time. A rain date makeup will only be used for a clinic that had the entire class time rained out and may fall on a different day/time and have a different class size.

There are no make ups for missed classes.

All efforts will be made to run clinics and notification of rain out will be made by the club pro through email.

No refunds or changes within 14 days of a clinic start date

Refunds or cancellations before 14 days will be subject to a \$30 administration fee.

REGISTRATION OPENS ON AUGUST 27, 2020

PLEASE REGISTER VIA MEMBERS AREA ON:

WINSTONCHURCHILLTENNIS.CA

CONTACT HEAD PRO, RYAN CHOW FOR MORE INFORMATION

HEADPRO@WINSTONCHURCHILLTENNIS.CA

ADULT FALL CLINICS

Session Dates:

Day time clinics (Monday and Wednesday)(9am-11am)

Level 2.0 - 3.0 Learn and Play: 4 hour clinic focusing on the fundamentals with goals to improve consistency, basic singles/doubles strategy and points with serve. (2 courts)

1st session: September 15, 17, 22, 24(9-10am)

2nd session: September 28, 30, October 5, 7(9am-10am)

Level 3.0 - 4.0 Learn and Play: 4 hour clinic focusing on abilities to rally 10 in a row with quality consistently, working on direction of the ball with introduction to executing tactics and using strengths to win points. (2 courts)

1st session: September 15, 17, 22, 24(10-11am)

2nd session: September 28, 30, October 5, 7(10-11am)

Fees: \$100 + HST



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ADULT FALL CLINICS

Evening time clinics

Fundamentals 101: Introduction to tennis for adults who want to learn the basic grips, serve, forehand, backhand shot progressions for rallying, and learn in a fun setting. (1 Court).

Tuesday September 15, 22, 29, October 6 from 8pm - 9pm

Learn 2.0 - 2.5: Focus on the fundamentals with goals to improve consistency, basic doubles and points with serve (2 courts).

1st session: Tuesday September 15, 22, 29, October 6 from 6pm - 7pm

2nd session: Thursday September 17, 24, October 1, 8 from 7pm - 8pm

Learn 3.0 - 3.5: Focus on abilities to rally 10 in a row, working on direction of the ball with introduction to executing tactics (2 Courts).

Tuesday September 15, 22, 29, October 6 from 7pm - 8pm

Learn 4.0 : Focus on consistency using different combinations of shots, hitting to the opponents' weakness and varying spin at the net from the base line and on serves (1 Court).

Tuesday September 15, 22, 29, October 6 from 8pm - 9pm

Fees: \$80 - 100 + HST



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ADULT FALL CLINICS

Evening time clinics (This term the focus is on doubles)

Play 2.0 - 2.5: Practice and play focusing on doubles play using drills. Understanding basic positioning and consistency (2 Courts).

Monday September 14, 21, 28, October 5 7pm - 8pm

Play 3.0 - 3.5: Practice focusing on drills and play activities to further enhances doubles awareness with emphasis on movement and tactics (2 Courts).

Thursday September 17, 24, October 1, 8 from 6pm - 7pm

Play 4.0-4.5/5.0+: Practice drills and play activities to improve passing shots, vary tactics and becoming more offensive at the net (2 Courts).

Thursday September 17, 24, October 1, 8 from 8pm - 9pm

Fees: \$100 + HST



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ADULT FALL CLINICS

Specialty clinics

Serve and Return (3.0 and above): Focusing on the two most important shots. (2 Courts)

Wednesday September 16, 23, 30, October 7 from 6pm - 7pm

Attack Drills and the Art of Volleys (2.0 - 3.0) : Learn basic footwork patterns, use strength to attack the net. (2 Courts)

Monday September 14, 21, 28, October 5 6pm - 7pm

Attack Drills and the Art of Volleys (3.5 - 4.5): Advanced movement to the net. First volley and second volley situation. Focus on poaching and putting overheads away. (1 Court)

Thursday September 17, 24, October 1, 8 from 7pm - 8pm

Fees: \$100 + HST



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ADULT FALL CLINICS

Saturday Morning Clinics

Clinic (2.0 - 2.5) : Focus on fundamentals, consistency, doubles and point play with serve.

Saturday September 12, 19, 26, October 3 from 9am - 10am

Clinic (3.0 - 3.5): ----

Saturday September 12, 19, 26, October 3 from 10am - 11am

Fees: \$80 + HST



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