



ADULT PROGRAMS

All Canadian Tennis Centre at Hillfield Strathallan College

Spring & Summer Sessions 2024

Session 1 [6 weeks] Week of April 22nd – Week of May 27th **No classes Monday May 20 - Victoria Day**

Session 2 [4 weeks] Week of June 3rd – Week of June 24th

Session 3 [4 weeks] Week of July 1st – Week of July 22nd **No classes Monday July 1st - Canada Day*

Session 4 [4 weeks] Week of July 29th – Week of August 19th **No classes Monday August 5th - Civic Holiday*

[REGISTER HERE](#)

** No classes run on Statutory Holidays - Fees are prorated if a holiday falls in your session*

** Clients will be credited the full cost of any lessons cancelled due to inclement weather*

**If a session is over 20 minutes prior to a rain out, you will be charged for the full session*

**All efforts will be made to reschedule any lesson cancelled due to rain*

** Memberships are required for booking of courts*

1.0-1.5 (Beginner Step 1)

Learn basic tennis footwork, technical fundamentals, and ball controls in order to rally, volley, and serve to get you playing the game quickly.

Tuesday 7:15pm - 8:15pm

Session 1 / 6 weeks: \$177.00 [5 weeks \$148.00]

Session 2, 3 and 4 / 4 weeks: \$118.00 [3 weeks \$89.00]

2.0-2.5 (Beginner Step 2)

Learn the technique required to implement singles and doubles tactics in point play.

Tuesday 7:15pm - 8:15pm

Session 1 / 6 weeks: \$177.00 [5 weeks \$148.00]

Session 2, 3 and 4 / 4 weeks: \$118.00 [3 weeks \$89.00]

3.0-3.5 (Intermediate)

Improve the consistency of your groundstrokes when forced to move, your ability to attack and to win at the net, and the quality of your first and second serve.

Thursday 7:15pm - 8:15pm

Session 1 / 6 weeks: \$177.00 [5 weeks \$148.00]

Session 2, 3 and 4 / 4 weeks: \$118.00 [3 weeks \$89.00]

Shot of the Week

Focusing on one shot with specific and frequent feedback and lots of volume to improve the execution of the shot.

Tuesday 7pm - 8pm.

Fee Session 1 / 6 weeks \$177.00. Fee Session 2, 3 and 4 / 4 weeks \$118.00

Tennis Specific Movement & Workout

Want a great workout playing the sport you love? This is the class for you! Have fun getting fit while improving you

Fee Session 1 / 6 weeks \$177.00. Fee Session 2, 3 and 4 / 4 weeks \$118.00

All fees subject to hst.

Private & Semi-Private Lessons with a Pro: *Depending on coach and court availability

PRIVATE & SEMI-PRIVATE LESSONS			
Depending on court and coach availability.			
Program	Title	Private Lesson	Semi-Private
Kyle Martin	Junior Head Tennis Professional	\$ 80.00	\$ 50.00
Behrouz Bahmanifar	Adult Head Tennis Professional	\$ 80.00	\$ 50.00
TBA	Assistant Tennis Professionals	\$ 45.00	\$ 25.00
TBA	Hitting partner	\$ 30.00	N/A