



Milton Tennis Club - 2024 Season

## ADULT GROUP LESSONS

Spring & Summer Sessions 2024 [4 weeks]

**Session 1** Week of May 6th – Week of May 27th *\*No classes Monday May 20 - Victoria Day*

**Session 2** Week of June 3rd – Week of June 24th

**Session 3** Week of July 1st – Week of July 22nd *\*No classes Monday July 1st - Canada Day*

**Session 4** Week of July 29th – Week of August 19th *\*No classes Monday Aug 5th - Civic Holiday*

- \* No classes run on Statutory Holidays - Fees are prorated if a holiday falls in your session
- \* Participation in Adult Programs requires a MTC membership (Adult or Family)
- \* Payment of membership must be completed/confirmed prior to registration of Adult Program
- \* All program fees must be paid by credit cards
- \* *All fees are subject to HST*

### RAIN CREDITS:

- \* All efforts will be made to reschedule any lesson cancelled due to inclement weather, otherwise clients will be credited the cost of the missed lesson. Re-scheduled lessons will not be credited.
- \* If a session is over 15 minutes prior to a rain out, lessons will not be credited or rescheduled.

### ACE TEAM for Adult Programs this year:

- Dmytro Polishevskyi
  - Paul Vincent Cruz
  - Luis Palacios
  - Behrouz Bahmanifar
  - Mihai Mocanu
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## **1.0 - 1.5 (Beginner)**

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

**Session 1 and 2:** Monday, Wednesday 6:30pm - 7:30pm, Friday 7:30pm - 8:30pm.  
Morning on Tuesday, Thursday 9am - 10am.

**Session 3 and 4:** Monday, Wednesday 6 - 7pm, Friday 7pm - 8pm. **Fee:** \$118.00

## **2.0 - 2.5 (Intermediate)**

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

**Session 1 and 2:** Monday, Tuesday, Thursday 6:30 - 7:30pm.  
Morning on Monday, Friday 9am - 10am.

**Session 3 and 4:** Monday, Tuesday, Thursday 6pm - 7pm. **Fee:** \$118.00

## **3.0 - 3.5 (Advanced)**

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.

**Session 1 and 2:** Monday, Wednesday, Thursday 7:30pm - 8:30pm.  
Morning on Monday, Friday 8am - 9am.

**Session 3 and 4:** Monday, Wednesday, Thursday 7pm - 8pm. **Fee:** \$118.00

## **Shot of the Week (SOTW) 3.0-4.5**

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

**Session 1 and 2:** Monday 7:30pm - 8:30pm

**Session 3 and 4:** Monday 7pm - 8pm. **Fee:** \$118.00

## **Pattern of Shots (3.0-4.5)**

High volume on one pattern with the coach providing specific technical tips to implement the pattern.

**Session 1 and 2:** Thursday 7:30pm - 8:30pm

**Session 3 and 4:** Thursday 7pm - 8pm. **Fee:** \$118.00

## **Tennis Specific Movement & Workout 3.0-4.5 [Cardio Tennis]**

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

**Session 1 and 2:** Tuesday, Thursday 8am - 9am, Sunday 10am - 11am

**Session 3 and 4:** Sunday 10am - 11am. **Fee:** \$118.00

## **Training for Doubles**

Improve your doubles skills: court position, footwork and doubles tactics. Practise double patterns.

**Session 1 and 2:** Tuesday 7:30pm - 8:30pm, Thursday 6:30pm - 7:30pm

**Session 3 and 4:** Tuesday 7:00pm - 8:00pm, Thursday 6:00pm - 7:00pm. **Fee:** \$118.00