



ADULT GROUP LESSONS

Burlington Tennis Club

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*

[CLICK HERE TO REGISTER](#)

1.0-1.5 (Beginner Step 1)

Quickly grasp the game by learning basic tennis footwork, technical fundamentals, and ball control for effective rallying, volleying, and serving.

- Session 1 [6 weeks] \$177
- Session 2,3,4 [4 weeks] \$118

2.0-2.5 (Beginner Step 2)

Master the technique needed to execute singles and doubles tactics in point play.

- Session 1 [6 weeks] \$177
- Session 2,3,4 [4 weeks] \$118

3.0 – 3.5 (Intermediate)

Enhance groundstroke consistency on the move, improve attacking and net-winning abilities, and refine the quality of both first and second serves.

- Session 1 [6 weeks] \$177
- Session 2,3,4 [4 weeks] \$118

SPECIALIZED LESSONS:

High-Performance Training 4.0-4.5 (HPT)

Intense training for high-level club players focused on enhancing competition performance. Utilizing live-ball training and integrated point play to apply tactics, this high-performance program offers both physical and mental challenges.

- Session 1 [6 weeks] \$177
- Session 2,3,4 [4 weeks] \$118

Tennis Specific Movement & Workout (TSM)

Get a fantastic workout while enjoying your favorite sport! Join this class for a fun way to stay fit and enhance your tennis-specific movements.

- Session 1 [6 weeks] \$177
- Session 2,3,4 [4 weeks] \$118

Shot of the Week 2.5 - 4.0 (SOTW)

Enhance your form and consistency with an intensive drill session concentrating on a specific stroke. Topics may include serves & returns, approach/drop shots, cross-court rally balls, attacking forehands, lobs & overheads.

- Session 1 [6 weeks] \$177
- Session 2,3,4 [4 weeks] \$118

****All fees subject to HST***