



ADULT PROGRAMS

Lyndwood Tennis Club [Dellwood Park - 650 Atwater Ave, Mississauga](#)

Spring & Summer Sessions 2024

Session 1 [6 weeks] Week of April 22nd– Week of May 27th *No classes: Mon. May 20 (Victoria Day), Fri. May 10 & Sat. May 11 (courts closed)*
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 Mon. July 1st - Canada Day*
Session 4 [4 weeks] Week of July 29th – Week of August 19th **No classes Mon. August 5th - Civic Holiday*

REGISTER HERE

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.

- **Saturday 1pm - 2pm**
- 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.

- **Saturday 2pm - 3pm**
- 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.

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

ADULT SPECIALIZED LESSONS:

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.

- **Sunday 10am - 11am**
- Session 1 [6 weeks] \$179
- Session 2,3,4 [4 weeks] \$120

Shot of the Week

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.

- **Sunday 11am-12pm**
- Session 1 [6 weeks] \$179
- Session 2,3,4 [4 weeks] \$120

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