

2024 ROSETHORN ADULT TENNIS PROGRAM SEPT

MORNING WORKOUT (3.0+)

SEPTEMBER 3 - 24 / TUESDAYS

7am-9am: \$200 / 4 weeks

- Intense Drills
- Physical conditioning
- Aerobic tennis development
- 4:1 student to teacher ratio

GET LEAN!

DOUBLES STRATEGY (3.0-4.5)

SEPTEMBER 8 - 29 / SUNDAYS

12pm - 2pm: \$200 / 4 weeks

- Court positioning, and playing as a team
- Serving for doubles
- Doubles strategy and drills
- Tie-breaker match play
- 4:1 student to teacher ratio

TACTICS AND DRILLS

SINGLES STRATEGY (3.0-4.5)

SEPTEMBER 5 - 26 / THURSDAYS

7am-9am: \$200 / 4 weeks

- Intense drills, Physical conditioning
- Serving for singles
- Singles strategy and drills
- Tie-breaker match play
- 4:1 student to teacher ratio

INTENSE DRILLS

BEGINNER (2.0-2.5)

SEPTEMBER 7 - 28 / SATURDAYS

12pm-1pm: \$80 / 4 weeks

- Beginner level promotes a love of tennis and the desire to improve skills
- Focus on technical and tactical skills, movement, court sense, rules and positioning
- 5:1 student to teacher ratio

1000 BALL DRILL (2.0-4.5)

MAY 3 - SEPT 27 / FRIDAYS

7pm-8pm: Weekly Sign-up / \$20 per hour

Call Blanka 647-990-4591

Hit as many balls as you can with the pros during this fast-paced one hour drill.

INTERMEDIATES (3.0-3.5)

SEPTEMBER 3 - 24 / TUESDAYS

6pm-7pm: \$80 / 4 weeks

SEPTEMBER 4 - 25 / WEDNESDAYS

1pm-3pm: \$200 / 4 weeks

SEPTEMBER 5 - 26 / THURSDAYS

6pm-7pm: \$100 / 4 weeks

SEPTEMBER 6 - 27 / FRIDAYS

6pm-7pm: \$80 / 4 weeks

SEPTEMBER 7 - 28 / SATURDAYS

1pm-2pm: \$80 / 4 weeks

SEPTEMBER 8 - 29 / SUNDAYS

2pm-4pm: \$200 / 4 weeks

- Basics of tactical play for singles and doubles
- Emphasize swing rhythm for forehand and backhand
- Differentiate between volleys and groundstrokes
- Focus on different serving styles as well as return of serve
- 4:1 student to teacher ratio (Wed, Thurs, Sun)
- 5:1 student to teacher ratio (Tuesday, Friday, Saturday)

ADVANCED (4.0+)

SEPTEMBER 7 - 28 / SATURDAYS

2pm-4pm: \$200 / 4 weeks

- Competitive and pre-competitive level players
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of singles/doubles
- Move beyond recreational to competitive level
- Expectation is to complement training with participation in local tournaments and leagues
- 4:1 student to teacher ratio

PROS CORNER

MIKE THOMSON

(416) 820-1993

Head Teaching Professional

shotselections@rogers.com

BLANKA YELAVICH

(647) 990-4591

Teaching Professional, Lesson Administrator

blankayelavich@gmail.com

PRIVATE & GROUP LESSONS

Our club pros are pleased to develop your game in private, semi and group lessons. Please contact pros for availability.

	Mike Thomson	Assistant Pro
Private	\$80/hr	\$70/hr
Semi-Private	\$45/hr	\$35/hr
Group 3ppl	\$35/hr	\$30/hr
Group 4ppl	\$25/hr	\$25/hr
Group 5ppl	\$20/hr	\$20/hr

Signing Up

All lessons are based on a first come first serve basis.

Rain Policy

In the event of rain or inclement weather, group lessons will be scheduled into another group of the same level by the pro. Makeup dates will occur within 7 days of the original lesson date. Please contact the clinic pro regarding the scheduling changes.

Racquet stringing service with a 48 hrs guarantee



Mailing Address

Mike Thomson, (416) 820-1993

shotselections@rogers.com

271 Ridley Blvd., Suite 1202

Toronto, ON M5M 4N1



Make lesson cheques payable to Shot Selections.

Provided by



Sponsor

