



Appleby Tennis Club 2017 Group Lessons



Junior Group Lessons

Junior Clinics:

These 6 week programs will begin the week of May 1st and are geared toward beginner to intermediate level juniors. These once a week programs will cover all strokes, fundamentals of tennis with the introduction of rallying and games based on skill level and age. These clinics will be offered Monday-Thursday from 5:30pm-6:30pm. **Cost: \$75**

Ages 5-6 - Monday 5:30-6:30 Tuesday 5:30-6:30

Ages 7-9 - Tuesday 5:30-6:30 Thursday 5:30-6:30

Ages 10+ - Monday 5:30-6:30 Thursday 5:30-6:30

High School Academy:

This 6 week program will begin the week of May 1st and are geared toward high school students looking to learn the game of tennis or further develop their skills in a fun and friendly environment. This once a week program will cover all strokes and fundamentals of the game. **Cost: \$75**

Friday 4:00-5:00

Competitive Junior Programs:

Competitive junior programs will be offered to advanced level juniors who are currently involved in tournaments or aspiring to play at a higher level. Junior players in this program will have been identified through the recreational programs or have been assessed by the pro to be appropriate. These programs will be offered Monday-Thursday from 4:00pm-5:30pm and Sunday's from 2:00pm-5:00pm. For more information and to set up an assessment, please contact Adrian.

Adult Group Lessons

Adult Clinics:

These 6 week programs will begin the week of May 1st and are geared toward beginner to intermediate adults looking to learn the game of tennis and brush up and further develop their skills. These once a week classes will introduce all strokes, footwork, rallying and game strategy. **Cost: \$75**

Monday 12:00-1:00

Wednesday 11:00-12:00

Friday 6:30-7:30

Saturday 9:00-10:00, 10:00-11:00

Tennis Fitness:

Are you looking for an intense workout while playing tennis at the same time, then look no further! This 4 week program is a fast paced, high energy drill class where you will hit tons of balls while getting a workout at the same time. **Cost: \$80**

Friday 12:00-1:30 - Level 2.0-3.5

Sunday 9:00-10:30 - Level 2.0-3.5

Sunday 10:30-12:00 - Level 4.0+

Doubles Strategy:

This 4 week strategy clinic is geared toward intermediate to advanced level players looking to improve and take their doubles game to the next level. Different game strategies and scenarios will be covered as well as an emphasis on positioning and shot selection. **Cost: \$80**

Wednesday 12:00-1:30

Saturday 11:00-12:30



**Adrian Tollstam
(905) 464-8474**

adrian@oakvilleacademyoftennis.com