

# ADULT PROGRAM GUIDE



## 2018 – 2019 SESSIONS

SEASON	SESSION #	SESSION DATES (Begins the week of)
FALL 2018	1	Weeks of September 10 - October 12
FALL 2018	2	Weeks of October 22 - November 25
FALL 2018	3	Weeks of November 26 - December 21
WINTER 2019	4	Weeks of January 7 - February 17
WINTER 2019	5	Weeks of February 18 - March 24
SPRING 2019	6	Weeks of April 1 - May 12
SPRING 2019	7	Weeks of May 13 - June 23

[WWW.ALBERTATENNISCENTRE.CA](http://WWW.ALBERTATENNISCENTRE.CA)



# LEARN

Clinics are designed to move you along the pathway & improve your game efficiently in singles & doubles. These 90-minute Clinics are available for members and non-members. All programs 2.0 and above require an assessment of competitive excellence (ACE) or entry approval by a coach to ensure the integrity of the program.

**TENNIS MADE EASY (1.0)** is our introductory tennis program for adult tennis players who want to learn the basic fundamentals and enjoy the game of tennis. Each 90-minute session will focus on stroke development, teaching players how to rally, court positioning and the rules of play. This program is geared toward players who have never played the game of tennis. 8:1 Student/Coach Ratio.

- 🕒 Wednesdays (11:00am – 12:30pm)
- 🕒 Saturdays (1:00 – 2:30pm)

**TENNIS MADE EASY (1.5)** is a continuation of our introductory tennis program. Each 90-minute session will focus on improving technical and tactical skills in a fun & relaxed environment. This program is geared toward players who have very limited experience in the game of tennis. 8:1 Student/Coach Ratio.

- 🕒 Wednesdays (12:30 – 2:00pm)
- 🕒 Saturdays (1:00 – 2:30pm)

**2.0 – 2.5 CLINIC** builds your consistency in difficult situations. This clinic prepares players for the next level by improving groundstrokes, approach & volleys, serves and returns in singles & doubles. 6:1 Student/Coach Ratio.

- 🕒 Tuesdays (12:30 – 2pm)
- 🕒 Tuesdays (7:00 – 8:30pm)

**3.0 – 3.5 CLINIC** teaches players to serve with slice and improve accuracy on your serve & return. Maintain solid crosscourt groundstrokes using topspin & slice, volley with greater precision and respond to lobs with strong overhead smashes. 6:1 Student/Coach Ratio.

- 🕒 Mondays (7:00 – 8:30pm)
- 🕒 Saturdays (2:30 – 4:00pm)

**4.0 – 4.5 CLINIC** is a 60 or 90-minute session with advanced situational training, including taking charge at the net and dominating from the baseline in both singles & doubles. 6:1 Student/Coach Ratio.

- 🕒 Tuesdays (7:00 – 8:00pm)
- 🕒 Wednesdays (7:00 - 8:30pm)

**Cancellation Policy:** Up to 7 days before, \$25 administrative fee + 10% of program fee. No refunds will be offered within 7 days of the start of the program.

# DRILL

Drill programs are high intensity, high repetition & pure fun! Designed for practicing skills learned in our clinics, drill sessions are non-instructional in nature to allow you to get high volume practice. These Drill programs are available for members and non-members. Drill sessions are 60 minutes and Drill 'n Play sessions are 90 minutes. All programs 2.0 and above require an assessment of competitive excellence (ACE) or entry approval by a coach to ensure the integrity of the program.

**2.0 – 2.5 DRILLS** Build consistency in different situations. This session prepares players for the next level by improving groundstrokes, approach & volleys, serves & returns in singles and doubles. 6:1 Student/Coach Ratio.

🕒 Thursdays (7:00 – 8:00pm)

**2.0 - 2.5 DRILL 'N PLAY** 45 minutes of high-tempo drills & 45 minutes of tactical play focusing on strategy and ball placement. There will be a weekly theme for each training session. 6:1 Student/Coach Ratio.

🕒 Fridays (7:00 - 8:30pm)

🕒 Saturdays (9 - 10:30am)

**3.0 – 3.5 DRILLS** Basket feeding & cooperative training for topspin & slice groundstrokes, approach & volleys, passing shots and serves & returns. 6:1 Student/Coach Ratio.

🕒 Sundays (10:30 – 11:30am)

**3.0 – 3.5 DRILL 'N PLAY** 45 minutes of high-tempo drills & 45 minutes of tactical play focusing on strategy and ball placement. There will be a weekly theme for each training session. 6:1 Student/Coach Ratio.

🕒 Mondays (10:30 – 12:00pm)

🕒 Thursdays (12:30 - 2pm)

🕒 Fridays (7:00 - 8:30pm)

**4.0+ DRILL 'N PLAY** 45 minutes of advanced drilling for competitive players & 45 minutes of tactical point play. Every session will include basket feeding and co-operative drills for groundstrokes, approach & volley, passing shots and serves & returns. 6:1 Student/Coach Ratio.

🕒 Sundays (9:00 – 10:30am)

**CARDIO TENNIS** 60 minutes of high-tempo, high intensity drills and games. This class is perfect for all tennis and fitness levels. Come ready to work hard and have fun! 12:1 Student/Coach Ratio.

🕒 Tuesdays (6:00 - 7:00pm)

🕒 Saturdays (8:00 - 9:00am)

**3.0 – 3.5 TRAIN LIKE A PRO** This 2 hour class is designed to put participants through the paces of an elite training program. The first hour will be intense drilling and instruction, followed by one hour of matchplay. 6:1 Student/Coach Ratio.

🕒 Thursdays (10:00am – 12:00pm)

**Cancellation Policy:** Up to 7 days before, \$25 administrative fee + 10% of program fee. No refunds will be offered within 7 days of the start of the program

# COMPETE

All you have to do is play! Let us organize your tennis at the OSTEN & VICTOR Alberta Tennis Centre. We offer leagues for players of all ages and abilities. Participants must be assessed (ACE) and approved in order to register to ensure each participant is competitive with one another. Our leagues are organized by tennis professional and include court fees, balls, administrative and coaching fees. All Leagues are designed to be doubles play. Depending on registration numbers and participant preferences, singles play may be possible.

**2.0 – 2.5 MIXED ROUND ROBIN** Great for players looking to apply the skills & strategies taught in our clinics in a fun doubles environment with both men & ladies.

- 🕒 Sundays (11:30am - 1:30pm)

**2.5 – 3.0 & 3.0 – 3.5 LADIES' LEAGUE** A great setting for ladies to come and play with other similarly levelled players.

- 🕒 Tuesdays (10:00am – 12:00pm)

**3.0 – 3.5 MIXED LEAGUE**

- 🕒 Thursdays (8:00 – 10:00pm)
- 🕒 Sundays (11:30am – 1:30pm)

**4.0 - 4.5 MIXED LEAGUE**

- 🕒 Tuesdays (8:00 – 10:00pm)

**OPEN LEVEL TEAM - INVITE ONLY** Please contact Charlie McLean for more information. This League is not run by ATC.

- 🕒 Mondays (7:00 – 9:00pm)

## ADULT LEAGUE INFORMATION

- 🕒 Payments must be made at the time of registration.
- 🕒 League participants must be committed to play for the entire session.
- 🕒 In order to assure that everyone gets the best games possible, league participants must play competitively with each other. As such, league participants must be approved by the league coordinator and confirmed with payment.
- 🕒 Each 1.5 hour league includes 2 or 3 doubles rotations per league night. Your league coordinator will schedule league matches in advance and will be present to ensure your league night runs smoothly.

## ASSESSMENT OF COMPETITIVE EXCELLENCE (ACE)

ACEs will be offered to ensure our Members & non-members enroll in the appropriate program and thereby train with other players of equal caliber. **A 30-minute ACE is \$25 + GST for non-members & FREE for members.** Please sign up online or at the Member Services Desk.

- 🕒 Saturdays (4:00 - 5:00pm)

**Cancellation Policy:** Up to 7 days before, \$25 administrative fee + 10% of program fee. No refunds will be offered within 7 days of the start of the program

# PRIVATE, SEMI OR GROUP INSTRUCTION

The OSTEN & VICTOR Alberta Tennis Centre proudly offers our Members and non-members an variety of tennis professionals that will meet everyone's needs. Private, semi-private and small group tennis instruction are available to help take your game to a new level.

Please contact all Tennis Professionals directly. All lesson prices **include court and professional fees.**

TENNIS PROFESSIONAL, TITLE	PRIVATE	SEMI PRIVATE	GROUP OF 3	GROUP OF 4	CONTACT INFO
<b>Charlie McLean</b> , Tennis Director, Level 3 Coach/NCCP Level 4 Candidate	\$90	\$55.00/person	\$43.00/person	\$36.25/person	<a href="mailto:cmclean@albertatenniscentre.ca">cmclean@albertatenniscentre.ca</a> Ph. Ext. 1605
<b>Tom McLean</b> , Head of High Performance, Level 3 Coach	\$80	\$49.00/person	\$38.00/person	\$33.00/person	<a href="mailto:tmclean@albertatenniscentre.ca">tmclean@albertatenniscentre.ca</a> Ph. Ext. 1613
<b>Adam Bond</b> , Performance Coach & Head of Adult Tennis, NCCP Level 2 Coach/NCCP Level 3 Candidate	\$80	\$49.00/person	\$38.00/person	\$33.00/person	<a href="mailto:abond@albertatenniscentre.ca">abond@albertatenniscentre.ca</a> Ph. Ext. 1614
<b>Suzana Cavalcante</b> , Performance Coach, NCCP Level 2 Candidate	\$70	\$43.00/person	\$35.00/person	\$31.25/person	<a href="mailto:scavalcante@albertatenniscentre.ca">scavalcante@albertatenniscentre.ca</a> Ph. Ext. 1615
<b>Greig Ewing</b> , Head of Business Development LTA Level 2 Coach/NCCP Level 2 Candidate	\$70	\$43.00/person	\$35.00/person	\$31.25/person	<a href="mailto:gewing@albertatenniscentre.ca">gewing@albertatenniscentre.ca</a> Ph. Ext. 1617
<b>Diana Jacobs</b> , Head of U10 Development & Events, Club Pro 1	\$70	\$43.00/person	\$35.00/person	\$31.25/person	<a href="mailto:djacobs@albertatenniscentre.ca">djacobs@albertatenniscentre.ca</a> Ph. Ext. 1616
<b>Luis Orlando Reyes</b> , Tennis Professional, Club Pro 1	\$65	\$39.50/person	\$32.00/person	\$28.25/person	<a href="mailto:lreyes@albertatenniscentre.ca">lreyes@albertatenniscentre.ca</a> Ph. Ext. 1619
<b>Rosi Brzostowski</b> , Tennis Professional, Club Pro 1	\$65	\$39.50/person	\$32.00/person	\$28.25/person	<a href="mailto:rbrzostowski@albertatenniscentre.ca">rbrzostowski@albertatenniscentre.ca</a> Ph. Ext. 1610
<b>Alena Tsybouk</b> , Tennis Professional, Club Pro 1	\$70	\$43.00/person	\$35.00/person	\$31.25/person	<a href="mailto:atsybouk@albertatenniscentre.ca">atsybouk@albertatenniscentre.ca</a> Ph. Ext. 1609
<b>Denisse Giller</b> , Tennis Professional	\$65	\$39.50/person	\$32.00/person	\$28.25/person	<a href="mailto:dgiller@albertatenniscentre.ca">dgiller@albertatenniscentre.ca</a> Ph. Ext. 1612
<b>Ajdin Tahirovic</b> , Tennis Professional	\$70	\$43.00/person	\$35.00/person	\$31.25/person	<a href="mailto:atahirovic@albertatenniscentre.ca">atahirovic@albertatenniscentre.ca</a> Ph. Ext. 1608

\*Rates based on 1 hour of instruction. All prices are subject to GST and Guest Fees if applicable.

**VISIT OUR WEBSITE FOR MORE INFORMATION ABOUT OUR TENNIS PROFESSIONAL STAFF**

# COURT FEES

## MEMBER BOOKINGS

Members of the OSTEN & VICTOR Alberta Tennis Centre have 7-day advanced booking privileges on both indoor and outdoor tennis courts. Our Members may book a court by phone, online or at the Member Services Desk beginning at 8:00am.

### MEMBER INDOOR COURT FEES:

*NOTE: Singles bookings are 30, 60 or 90 minutes; Doubles bookings are 60, 90 or 120 minutes.*

### NON-PRIME TIME COURT RENTALS FOR MEMBERS:

#### **\$24.00 per hour (FULL COURT FEE)**

- Monday to Friday (8:00am to 4:00pm)
- Saturday & Sunday (4:00pm to close)

### PRIME TIME COURT RENTALS FOR MEMBERS:

#### **\$30.00 per hour (FULL COURT FEE)**

- Monday to Friday (4:00pm to 10:00pm)
  - Saturday & Sunday (8:00am to 4:00pm)
- \*Summer indoor court fees are reduced by over 30%.*

### MEMBER OUTDOOR COURT FEES: FREE

## NON-MEMBER BOOKINGS

Non-members and guests have 2 day-advanced booking privileges on both indoor and outdoor tennis courts. A non-member may only book a court by phone or in-person at the Member Services Desk and must pay all court & guest fees at the time of booking. *NOTE: Singles bookings for non-members are 30 or 60 minutes; Doubles bookings are 60 or 90 minutes.*

### NON-MEMBER INDOOR COURT FEES:

- Member court rates + \$10.00 + GST guest fee for each court used by a non-member.

### NON-MEMBER OUTDOOR COURT FEES:

- \$10.00 + GST guest fee per court applies.

## BALL MACHINE RENTAL

We are proud to offer the PLAYMATE iSMASH ball machine for rental for \$10.00 per hour + court fees. The ball machine may be rented at 30 or 60 minute increments. In consideration for other players, we ask that the balls be picked up by the time the buzzer rings at the completion of the session.

## PLAYSIGHT

This is state-of-the-art technology, found only in the top clubs and federations around the world. Using nine cameras installed on both courts 4 & 5, PlaySight is equipped with leading-edge tennis analytics technology, offering line calling, live streaming, instant multi-angle video replays and detailed statistics about every shot played. The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in-depth shot data and player movement. Once you have logged in at the on-court kiosk, your activity is automatically recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on-court kiosk, at PlaySight.com or with the PlaySight app.

- Free for Members; \$10.00 + GST fee per court applies for non-members.