



ADULT SUMMER PROGRAM GUIDE

JULY 2024 - AUG 2024

ALBERTATENNISCENTRE.CA

OVERVIEW

Our Adult programs are programs designed to start with basic skills and grow into competitive streams to enjoy the sport for a lifetime. They are focused on encouraging learning fundamental skills, building on your prior knowledge and improving athletic capabilities. Classes are offered throughout the week, and are based on player skill level and availability. These programs can potentially lead into our Competitive and Performance streams.

Our nationally recognized Tennis Development Centre (TDC) features some of the highest certified tennis professionals in Canada, all of whom specialize in the development of athletes of all abilities.



@albteratenniscentre



@abtenniscentre



Osten & Victor Alberta Tennis Centre

SESSIONS

SESSIONS BEGIN THE WEEK OF:

SESSION 1 (SUMMER): JULY 2 - JULY 28, 2024 (4 WEEKS)

SESSION 2 (SUMMER): JULY 29 - AUG. 25, 2024 (4 WEEKS)

SESSION EXCEPTIONS

Sessions that have classes on a holiday will have one less week in their program.

There will be no classes on the following dates:


- July 1, 2024- Canada Day
- August 5, 2024- Heritage Day





GENERAL INFORMATION

Program Policies & Information

- **Cancellation Policy:**
 - Up to 8 days before the start of the program, participants will be charged \$25 administrative fee + 10% of program fee.
 - No refunds or credits will be offered within 7 days of the start of the program or after the program has started.
 - To register for programs visit www.albertatenniscentre.ca and complete the online registration. Payment must accompany your registration.
 - Court fees are included in the price of programs.
 - League participants must be committed to play for the entire session.
 - Each 1.5 or 2 hour league includes 3 or 4 singles/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.
 - The OSTEN & VICTOR Alberta Tennis Centre may cancel a program due to low enrolment. In the event of a program cancellation, participants will be offered alternate program dates/times or a full refund.
 - Participants are expected to wear appropriate athletic attire consisting of: shorts/track-pants, t-shirts and non-marking athletic shoes.
 - Level Placement: We reserve the right to withdraw participants from a program if coaching staff determine they are not at the appropriate level. In the event you are withdrawn from a program, every effort will be made to place you in an alternate suitable program.
 - Depending on registration, please be aware that some levels of classes may be joined together to accommodate program participants.
 - Programs that fall on statutory holidays will be priced appropriately for the missed class. If a class that was included in the program price is cancelled, a credit will be applied to the participants account.
 - Credits may be issued in the case of an injury with a Doctor's note, at the discretion of the CEO.
 - All programs subject to applicable tax.
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OUR TEAM



ADAM BOND

Assistant Tennis Director & Head of Adult Pathway

Adam is a tennis professional with 21 years of experience, including coaching at The David Lloyd Club, Cardiff, and producing successful junior players in Canada, some of whom achieved top national rankings. He is a Tennis Canada course facilitator and holds various coaching qualifications from different countries, including the UK and the US.
abond@albertatenniscentre.ca



NICK COUTTS

Tennis Director

Originally from Victoria, BC, had a successful playing career, reaching #1 in U18 provincially and becoming a doubles finalist at the U18 nationals. He graduated from the University of Utah with a Bachelors in Exercise Sport Science on a Division 1 tennis scholarship and achieved notable coaching accolades.
ncoutts@albertatenniscentre.ca

Adam and Nick would be happy to work with you or recommend you one of the several talented, hard working and well educated coaches and trainers who have coached Alberta's best up and coming players.



PROGRAM PATHWAYS

ADULT PROGRAMS

PLAY

Put your skills into action and meet new people with our Coach run Play Programs.

PR: 1.0 - 2.0
**DOUBLES
FUN-PLAY**

PR: 2.5
**DOUBLES
FUN-PLAY**

PR: 3.0
DOUBLES PLAY

PR: 3.5
DOUBLES PLAY

PR: 4.0 - 4.5
DOUBLES PLAY

LEARN

Learn new skills and develop your game through systematic teaching with our Learn Programs.

PR: 1.0 - 1.5
**TENNIS MADE
EASY CLINIC**

PR: 2.0
CLINIC

PR: 2.5
CLINIC

PR: 3.0
CLINIC

PR: 3.5
CLINIC

PR: 4.0
CLINIC

PRACTICE

Train your skills in a fun, high volume and drill based environment with our Practice Programs.

**BALL
MACHINE**

**CARDIO
TENNIS**

Practice Programs
start at PR: 2.5

PR: 2.5
**PRACTICE N'
PLAY**

PR: 3.0
**PRACTICE N'
PLAY**

PR: 3.5
**PRACTICE N'
PLAY**

PR: 4.0 - 4.5
**PRACTICE N'
PLAY**

SOCIAL & EVENTS

Get involved and have the opportunity to meet new people in a fun Social environment.

**"PRO-RUN"
SOCIAL NIGHTS**

**SPECIALTY
CLINICS**

**ATC CLUB
CHAMPIONSHIPS**

LEARN

Clinics are designed to move you along the Adult pathway & improve your game efficiently in singles & doubles. These 90 minute clinics are available for members and non-members. All programs 2.5 and above require a Player Skill Assessment (PSA) to ensure the integrity of the program. 1.0 clinics have an 8:1 Student to coach ratio, 1.5 and up have a 6:1 student to coach ratio.

TENNIS MADE EASY 1.0

Clinic Theme: "Building the Basics" Learn to rally, serve & score to play singles and doubles. The program follows the best practices of the International Tennis Federation (ITF) and introduces basic fundamentals.

1.5 CLINIC

Clinic Theme: "Building Better Basics". Learn to start points with consistent serves and to receive different heights, directions and distances of groundstrokes to keep the ball in play. Receiving volleys is also covered

2.0 CLINIC

Clinic Theme: "Handling Various Shots". Learn to win more points by keeping the ball in play on serves, returns and in a baseline rally. Improve reception of volleys when playing singles & doubles.

SCHEDULE OPTIONS FOR 1.0, 1.5 and 2.0

Tuesday: 7:00 - 8:30 PM
Saturday: 1:00 — 2:30 PM

LEARN

(CONTINUED)

2.5 CLINIC

Clinic Theme: “Handling Challenging Shots”. Initiate a point by directing the serve to the FH or BH side of an opponent. Maintain consistent rally with improved reception of wider, higher/deeper, and lower/shorter balls. When at net, receive volleys at different heights and maintain a consistent exchange.

Monday: 7:00 - 8:30 PM

3.0 CLINIC

Clinic Theme: “Exploring Spin to Win”. Learn to win more points by applying spin (Topspin & Underspin on FH & BH groundstrokes and slice on serve). Serve & return with better direction control and mechanics and control volleys when receiving balls at different heights.

Monday: 7:00 - 8:30 PM

3.5 CLINIC

Clinic Theme: “Exploring Better Shot-making”. Learn to win more points by hitting more effective shots that keep opponent's neutral or at a disadvantage on serves, returns, during baseline exchanges and when approaching and at net.

Monday: 7:00 - 8:30 PM

4.0-4.5 CLINIC

Clinic Theme: “SmarterLearn to win more points by playing ‘high percentage’ tennis while transitioning from neutral to offence to defence when required and grouping shots into patterns for greater effect.

Monday: 7:00 - 8:30 PM

Session	Clinics		Tennis Made Easy	
	Member	Non-Member	Member	Non-Member
4 Weeks	\$132	\$180	\$120	\$144

PRACTICE & PLAY

Practice programs are high intensity, high repetition & pure fun! Designed for practicing skills learned in our clinics, practice programs are non-instructional in nature to allow you to get high volume practice. A session combining some time of practice and drilling, and some coach-supervised tactical play time (doubles).

Directly apply what you're practicing to your game all in the same session. Practice & Play sessions are 90 minutes and Cardio Tennis is 60 minutes. Cardio Tennis has an 8:1 student to coach ratio. Practice & Play has a 6:1 student to coach ratio.



SCHEDULING OPTIONS FOR 2.5, 3.0 & 3.5

Thursday: 7:00 - 8:30 PM

SCHEDULING OPTIONS FOR 4.0 & 4.5

Thursday: 7:00 - 8:30 PM

CARDIO TENNIS

Tuesday: 7:00 - 8:00 PM
Thursday: 7:00 - 8:00 PM

Session	Practice & Play		Cardio	
	Member	Non-Member	Member	Non-Member
4 Weeks	\$132	\$180	\$80	\$96

PLAY

All you have to do is play! We offer organized leagues for players of all ages and abilities. Our leagues are organized by tennis professional and include court fees, balls, administrative and coaching fees. Leagues are designed for both singles and doubles play.



SCHEDULING OPTIONS MIXED SINGLES/DOUBLES

Level	Day & Time Options
2.5	Wed: 7:00 - 8:30 PM
3.0	Wed: 7:00 - 8:30 PM
4.0 - 4.5	Wed: 7:00 - 8:30 PM

Session	90 Min League		120 Min League	
	Member	Non-Member	Member	Non-Member
4 Weeks	\$96	\$132	\$128	\$176