

A photograph of a man and a woman on a tennis court. The man, with curly hair and wearing a white polo shirt, is in the background, looking towards the left. The woman, with dark hair in a ponytail and wearing a dark blue polo shirt, is in the foreground, smiling and looking towards the left. A tennis racket is visible in the bottom left corner. The image is overlaid with a blue geometric design consisting of several overlapping triangles.

# ADULT PROGRAM GUIDE

SPRING TERM 2026 (MARCH-JUNE)

[ALBERTATENNISCENTRE.CA](http://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 (FALL): SEPT 2 – SEPT 28, 2025 (3/4 WEEKS)

SESSION 2 (FALL): SEPT 29 – NOV 9, 2025 (6 WEEKS)

SESSION 3 (FALL): NOV 10 – DEC 21, 2025 (6 WEEKS)

SESSION 4 (WINTER): JAN 5 – FEB 15, 2026 (6 WEEKS)

SESSION 5 (WINTER): FEB 16 – MARCH 22, 2026 (4/5 WEEKS)

SESSION 6 (SPRING): MARCH 30 – MAY 17, 2026 (6/7 WEEKS)

SESSION 7 (SPRING): MAY 18 – JUNE 28, 2026 (5/6 WEEKS)

## SESSION EXCEPTIONS

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

No Classes on the following dates:

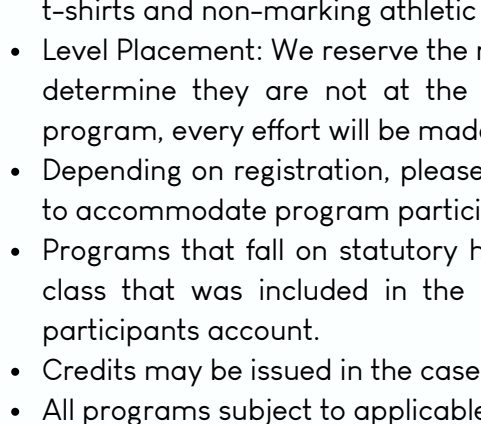
- September 1, 2025 – Labour Day
- October 13, 2025 – Thanksgiving Monday
- November 11, 2025 – Remembrance Day
- January 1, 2026 – New Year's Day
- February 16, 2026 – Family Weekend
- April 3 – April 6, 2026 – Easter Weekend
- May 18, 2026 – Victoria Day
- July 1, 2026 – Canada Day
- August 4, 2026 – Heritage Day Long Weekend





# 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](http://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.
  - **PSA's will be offered and are required for any programs 2.5+ to ensure our Members & non-members enrol in the appropriate program and thereby train with other players of equal caliber. A 20-minute PSA is \$25 + GST for each player. Members may use the Free Assessment voucher to redeem a free assessment per calendar year. Please call the Member Services Desk at 587-393-1600 to register. Assessments are available every 20 minutes starting on the hour on the following dates between the following times:**
    - Wednesday from 6:00 PM – 8:00 PM
    - Thursdays from 7:00 PM – 8:00 PM
    - Saturdays from 4:00 PM – 5:00 PM
  - 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 Development

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](mailto:abond@albertatenniscentre.ca)



NICK COUTTS

## Tennis Director

Originally from Victoria, BC, Nick has built a solid coaching career spanning over 25 years, with notable recognition as the 2022 Tennis Canada Tennis Professional of the Year. Over the past decade, he has served as a coach facilitator, helping deliver Tennis Canada coaching certifications across the country. Nick also had a successful playing career, ranking #1 provincially in the U18 category and reaching the doubles finals at the U18 National Championships. He holds a Bachelor's degree in Exercise Sport Science from the University of Utah, where he competed on a Division 1 tennis scholarship.

[ncoutts@albertatenniscentre.ca](mailto: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.

# ATC ADULT PATHWAY

PLAY	LEARN	PRACTICE	SOCIAL/EVENTS
Put your skills into action and meet new people in our Coach run Play Programs.	Learn new skills and develop your game through systematic teaching with our Learn Programs.	Train your skills in a fun, high volume and drill based environment in our Practice Programs.	Get involved and have the opportunity to meet new people in a fun Social environment.
PR: 1.0 - 2.0 <b>DOUBLES FUN-PLAY</b>	PR: 1.0 <b>TENNIS MADE EASY CLINIC</b>	<b>BALL MACHINE</b>	<b>"PRO-RUN" SOCIAL NIGHTS</b>
PR: 2.5 <b>DOUBLES FUN-PLAY</b>	PR: 1.5 <b>CLINIC</b>	<b>CARDIO TENNIS</b> All levels <b>3.0+</b>	<b>SPECIALTY CLINICS</b>
PR: 3.0 <b>SINGLES/ DOUBLES PLAY</b>	PR: 2.0 <b>CLINIC</b>	Practice Programs start at PR: 2.5	<b>ATC CLUB CHAMPIONSHIPS</b>
PR: 3.5 <b>SINGLES/ DOUBLES PLAY</b>	PR: 2.5 <b>CLINIC</b>	PR: 2.5 <b>PRACTICE N' PLAY</b>	
PR: 4.0 - 4.5 <b>SINGLES/ DOUBLES PLAY</b>	PR: 3.0 <b>CLINIC</b>	PR: 3.0 <b>PRACTICE N' PLAY</b>	
	PR: 3.5 <b>CLINIC</b>	PR: 3.5 <b>PRACTICE N' PLAY</b>	
	PR: 4.0 <b>CLINIC</b>	PR: 4.0 - 4.5 <b>PRACTICE N' PLAY</b>	
		PR: 5.0+ or UTR: 6.00 <b>P N' P</b>	





# 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

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

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  
Wednesday: 10:00 – 11:30 AM  
Saturday: 1:00 – 2:30 PM



# LEARN

## (CONTINUED)

### 2.5 CLINIC

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.

Tuesday: 7:00 – 8:30 PM  
Wednesday: 11:30 AM – 1:00 PM  
Saturday: 2:30 – 4:00 PM

### 3.0 CLINIC

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: 10:00 – 11:30 AM  
Monday: 7:00 – 8:30 PM  
Saturday: 2:30 – 4:00 PM

### 3.5 CLINIC

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: 10:00 – 11:30 AM  
Monday: 7:00 – 8:30 PM  
Saturday: 2:30 – 4:00 PM

### 4.0-4.5 CLINIC

Learn 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: 10:00 – 11:30 AM  
Monday: 7:00 – 8:30 PM

Session	Tennis Made Easy		Clinics 1.5 – 3.5		Clinics 4.0 – 4.5	
	Member	Non-Member	Member	Non-Member	Member	Non-Member
6 Weeks	\$207	\$234	\$216	\$279	\$243	\$325
7 Weeks	\$241.50	\$273	\$252	\$325.50	\$283.50	\$367.50

Prices displayed are for reference purposes only and are subject to change. Final pricing is confirmed upon registration.



# 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. 2.5-3.5 Practice & Play has a 6:1 student to coach ratio. 4.0-4.5 Practice & Play has a 5:1 student to coach ratio. 5.0+/UTR 6.00 Practice & Play has a 4:1 student to coach ratio.



## SCHEDULING OPTIONS FOR 2.5, 3.0 & 3.5

Thursday: 11:00 AM- 12:00 PM  
Thursday: 7:00 - 8:30 PM

## SCHEDULING OPTIONS FOR 4.0 - 4.5

Thursday: 11:00 AM- 12:30 PM  
Thursday: 7:00 - 8:30 PM  
Sunday: 10:00 - 11:30 AM

## SCHEDULING FOR 5.0+/UTR:6.00+

Friday: 7:00 PM - 9:00 PM

## CARDIO TENNIS

Tuesday: 10:00 - 11:00 AM  
Tuesday: 7:00 - 8:00 PM  
Tuesday (3.0+): 7:00 - 8:30 PM  
Thursday: 10:00 - 11:00 AM  
Thursday: 7:00 - 8:00 PM  
Thursday (3.0+): 7:00 - 8:30 PM  
Saturday: 9:00 - 10:00 AM  
Sunday: 9:00 - 10:00 AM

Session	Practice & Play 2.5 - 3.5		Practice & Play 4.0-4.5		Practice & Play 5.0+/UTR:6.00+		Cardio		Cardio 3.0+	
	Member	Non-Member	Member	Non-Member	Member	Non-Member	Member	Non-Member	Member	Non-Member
6 Weeks	\$216	\$279	\$243	\$325	\$252	\$324	\$138	\$162	\$207	\$243
7 Weeks	\$252	\$325.50	\$283.50	\$367.50	\$294	\$378	\$161	\$189	\$241.50	\$283.50

Prices displayed are for reference purposes only and are subject to change. Final pricing is confirmed upon registration.

# 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
1.0 – 2.0	Friday: 7:00 – 8:30 PM
2.5	Wed: 7:00 – 8:30 PM
3.0	Wed: 7:00 – 8:30 PM Sun: 12:30 – 2:30 PM
4.0 – 4.5	Wed: 8:30 – 10:00 PM Sunday: 12:30 – 2:30 PM

## 3.0+ COMBINED WOMEN'S LEAGUE

Tuesday: 10:00 AM – 12:00 PM

## 2.5 – 3.0 COMBINED MEN'S SENIOR (55+) LEAGUE

If interested please contact Luka at  
[Lgokadze@albertatenniscentre.ca](mailto:Lgokadze@albertatenniscentre.ca)

Session	90 Min League		120 Min League	
	Member	Non-Member	Member	Non-Member
6 Weeks	\$153	\$207	\$204	\$276
7 Weeks	\$178.50	\$241.50	\$238	\$322
Prices displayed are for reference purposes only and are subject to change. Final pricing is confirmed upon registration.				



# ONE-OFF PRIVATES

In addition to private lessons by requests, ATC also offers One-Off Privates. This program offers players opportunities to receive a one-off private lessons with one of the ATC Tennis Professionals at the assigned times.

One-Off Privates can take place in the forms of private, semi-private, group of 3 and group of 4. We do not accommodate more than 4 players in the private lessons. The scheduled times for the 2025-2026 program year are as below and prices are listed per hour per person:

Day	Time
Monday	8:30 – 9:30 PM
Tuesday	12:00 – 1:00 PM
Tuesday	1:00– 2:00 PM
Friday	11:00 AM– 12:00 PM
Sunday	9:00 – 10:00 AM

For One-Off Privates, the tennis professional is not guaranteed to teach the same times each week and tennis professionals may change weekly.

For this program, players may sign up for only one 60-minute lesson at a time. If the individual cannot make the time, they must cancel the lesson. Due to high demand, no substitutes are allowed, not even if it is a family member. If the player would like to sign up for another lesson, they may sign up again in the next available lesson time after the first lesson is over. Please note that, if demand for lessons is high, your next time may not be for several weeks.

The One-Off Private lessons must be paid for at the time of registration. Please phone the Member Services desk at 587- 393-1600. A full refund is available if the lesson is cancelled 5 days or more in advance. No refund is available with less than 5-day cancellation however, the lesson can be re-scheduled. No refunds are available for lessons cancelled less than 24 hours in advance.

If you have any questions or feedback, please feel free to contact Nick Coutts, Tennis Director, at [ncoutts@albertatenniscentre.ca](mailto:ncoutts@albertatenniscentre.ca)

# SOCIAL & EVENTS

Tennis Professionals – organized Social & Events: These are fun, low-key social events with various formats. Run by ATC Tennis Professionals staff. Ask the front desk and/or check our social media platforms for more details.

## September 2025

- September 10th – Yoga and Cardio Social
- September 21st Club Champs – Finals day social with food/drinks and Wilson demo morning. Matches starting at 9am.

## October 2025

- October 18th Dingles Social
- October 24th & 25th – 3.0 & 3.5 Try out of Live ball 9:45-11am with pastries and coffee afterwards.

## November 2025

- November Friday 7th– 1.5 & 2.0 Player Mixer – All 1.5 and 2.0 players not in the league invited to join, 7-9pm
- November 14th – 80's themed Cardio Tennis with cheese and wine 7-8:30pm

## December 2025

- December 6th (or Nov 29th) Adult Christmas Social – 6-8pm on court, food and drinks afterwards (6-7:15pm Clinic style, 7:15-8pm Live ball)
- Dec 30th Christmas Cardio Social

## January 2026

- January 11th – Adult Mental fitness workshop

## February 2026

- Senior ITF Event

## March 2026

- March 1st – 4.0 Pro-am team event (teams of 4 players, with all doubles)
- March 6th – Internationals women's day social 7-9pm

## April 2026

- April 17th TME and 1.5 social, including a Cardio tennis experience 7-9pm.

## May 2026

- May Social Interclub Team kick off event (All members selected for Interclub to be invited. Date to be determined around start date of the league.)



# PLAYER SKILL ASSESSMENT

## FOR ADULTS:

ATC adult programs of 2.5 - 5.0+ levels require a Play Skill Assessment (PSA) to be eligible to register. PSA's are a series of evaluations conducted by the ATC coaching staff to assess your skill level. PSA's do not determine your playing level but rather ensure players in all our programs have compatible skills to be able to practice & play together.

## FOR JUNIORS:

Some junior programs require a PSA to be eligible to register.

- Red, Orange, Green, Yellow (Teen) 'Play-it' program requires a 2.0 level to be able to play in their respective programs and on the court size which the junior player is looking to access.
- 
- 3.0 & 3.5 Competitive Programs require the corresponding adult scores to access.

Next Gen & High Performance programs require an application for the program. Once the application is accepted, coaches will contact you with further instruction.

## HOW TO REGISTER:

Players can register over the phone or in person at the member services desk.

## FEE:

Members receive 1 free assessment per year with ATC Member Rewards, any additional PSA is \$25 + GST

Non-members: \$25 + GST

Players are encouraged to use the evaluations as practice drills to ensure their skills are moving forward.



# NEUTRAL GROUNDSTROKE EVALUATION

## DIRECTIONS:

1. Maintain a rally on  $\frac{1}{2}$  width singles court (see diagrams)
2. Players & coach start on opposing baselines
3. A marker is placed on the court to designate the appropriate recovery position.
4. 3.0, 3.5 & 4.0-4.5 rally crosscourt with recovery (on FH & BH sides)

## SCORING: (3 attempts, best score)

- Coach hits ball to player to begin rally and times fifteen seconds starting with the 1st ball hit by the player
- 1 point every time a player hits a 'neutralizing' ball (one that keeps the coach behind their baseline)

## The rally receives no score if:

- Players do not hit a mix of forehands and backhands (2.0 & 2.5 only)
- The rally must be completed in 15 seconds
- The ball lands outside of the designated area
- A shot pulls a player into the court
- A player volleys a ball

## CRITERIA

**5.0+ = 8+**

(On both FH & BH sides)

**4.0-4.5 = 6+**

(On both FH & BH sides)

**3.5 = 5**

(On both FH & BH sides)

**3.0 = 3**

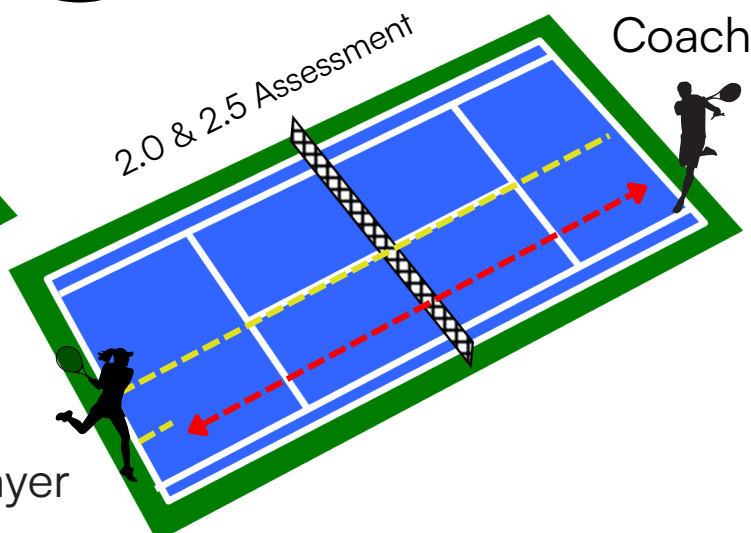
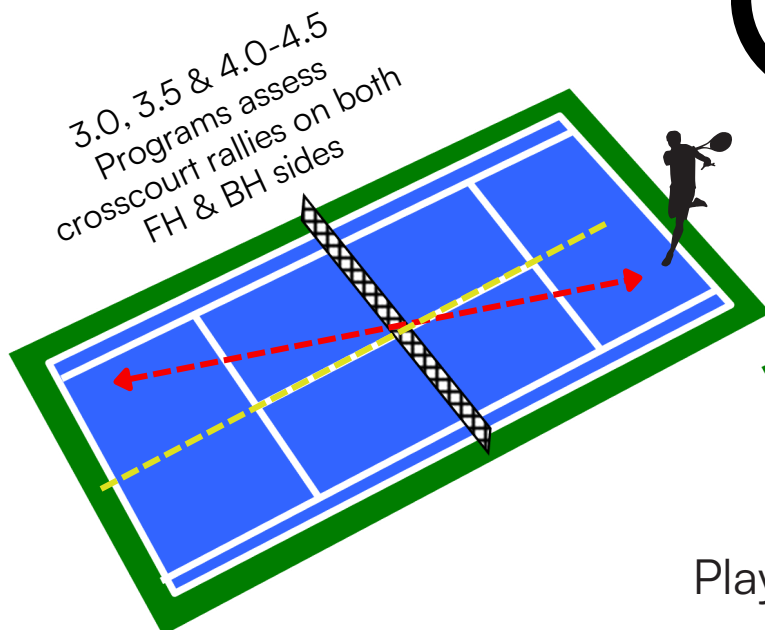
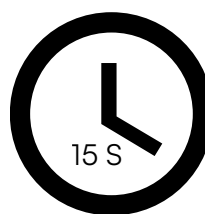
(Mixed FH & BH)

**2.5 = 2**

(Mixed FH & BH)

**2.0 = 3**

in a row past the service line  
(Mixed FH & BH)



# FIRST SERVE EVALUATION

## DIRECTIONS:

1. Player starts behind the baseline in serve position
2. Serve 5 serves to the Ad Court and 5 to the Deuce Court placing the ball alternately to the forehand and backhand side of the service box

## SCORING:

- Score 1 point for every serve landing in the appropriate target area with the second bounce landing after the baseline.
- A bonus 'power point' is awarded if the serve lands beyond the power markers before bouncing a second time
- Server gets 2 attempts at serving 10 balls and the best score is recorded

**5.0+ = 14/20**

**4.0-4.5 = 9/20**

**3.5 = 8/20**

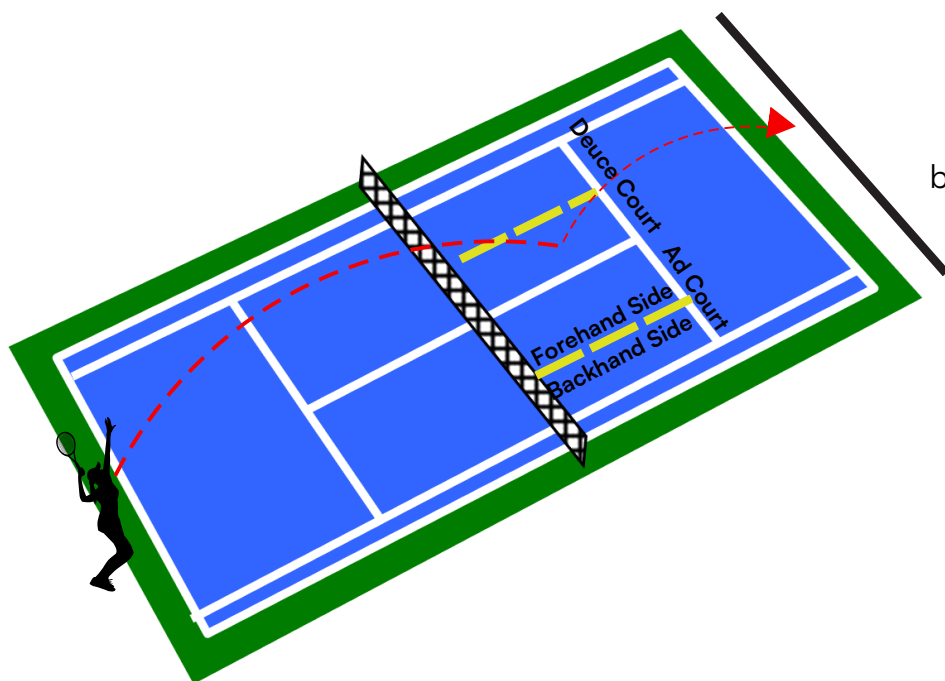
**3.0 = 6/20**

**2.5 = 4/20**

**2.0 = 2/20**

## The serve receives no score if:

- The serve lands outside the target area
- 2nd bounce is not past the baseline



Power point if serve lands beyond the 'power marker' before bouncing a second time

# NEUTRAL VOLLEY EVALUATION

## DIRECTIONS:

1. Maintain a rally with volleys to groundstrokes on a singles court ½ width (see diagram)
2. Player starts at net (volleyer), Coach is at the baseline (Groundstroker)
3. Player is located half way between net and service line
4. Coach hits ball to volley player at net to begin rally

## SCORING:

- 1 point for every time the player hits a 'neutralizing' volley (one that doesn't allow the coach to come in past the baseline)
- Player gets 5 attempts to complete as many neutral volleys in a row as possible. The best score is recorded

## CRITERIA

5.0+ = 8

4.0-4.5 = 6+

3.5 = 5

3.0 = 3

2.5 = 2

in a row into the court

2.0 = 3

## The rally receives no score if:

- The player does not hit a mix of forehands and backhand volleys
- The ball lands outside the designated area
- The coach volleys the ball
- The volley draws the coach in front of the baseline

Only volleys that keep groundstroker behind baseline count.

