

ALBERTATENNISCENTRE.CA



SPRING TERM 2026 (MARCH-JUNE)

# JUNIOR FUNDAMENTALS PROGRAM GUIDE



# Junior Program

## SESSIONS

SESSION 1 (FALL): SEPT 2 – DEC 21, 2025

SESSION 2 (WINTER): JAN 5 – MAR 22, 2026

SESSION 3 (SPRING): MARCH 30 – JUNE 28, 2026

### 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



## OVERVIEW

Our FUNdamentals programs are recreation programs designed to introduce basic skills, play the game and enjoy the sport for a lifetime. They are focused on encouraging children to love tennis while learning fundamental skills and playing the sport. Multiple classes are offered throughout the week, but players only need to commit to a minimum of one. 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 junior athletes of all abilities.

FUNdamentals Stream Explained (copy & paste link into internet browser or scan QR code): [www.youtube.com/watch?v=YHxzqm1KAYs](https://www.youtube.com/watch?v=YHxzqm1KAYs)



# 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 program has started.
- To register your child for programs visit [www.albertatenniscentre.ca](http://www.albertatenniscentre.ca) and complete the online registration. Payment must accompany your child's registration.
- Court fees are included in the price of programs.
- 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 your child is withdrawn from a program, every effort will be made to place the participant in an alternate suitable program.
- Level Advancement: Progressing to the 'Competitive' or 'Tournament' programs requires additional practicing outside of scheduled lesson times. To access higher level programs, players must achieve appropriate competencies as assessed by coaching staff.
- 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.
- For more information, follow us on our socials:



@AlbertaTennisCentre



@abtenniscentre



Osten & Victor Alberta  
Tennis Centre



@albertatenniscentre

# Meet The Team



## LUCAS NOGUERA

### Head of Junior Development

Lucas Noguera from the picturesque city of Nice, France, infuses his passion for tennis with a unique perspective. With 20 years of playing experience and a decade dedicated to teaching, Lucas stands as a dynamic Tennis Professional at the OSTEN & VICTOR Alberta Tennis Centre.

[lnoguera@albertatenniscentre.ca](mailto:lnoguera@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)

If you have any questions or concerns about the Junior Fundamentals Programs, email Coach Lucas or Coach Nick. They would be happy to provide you guidance or recommend one of the several talented, hard working and well educated coaches and trainers who have coached Alberta's best up and coming junior players.

To view a full list of the coaching staff scan the QR code below or visit:

<http://www.albertatenniscentre.ca/programs-services/tennis-professional-staff/>





# TERMINOLOGY

## TRY IT

New to Tennis? Try-It Programs are designed for players with little or no experience to learn how to serve, rally and score. For Tiny Tots, parent participation is required however a Player Skill Assessments (PSA) is not required.

## PLAY IT

Play-It are designed for players with experience, and can already serve rally and score. Player Skill Assessments (PSA) is required to play 2.0 or higher.

## FUN MATCH - PLAY

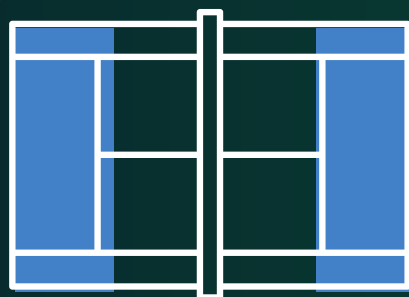
Coach supervised match play that is highly recommended for furthering development. Players must be approved by coaching staff.





# Tiny Tots

## Ages 4-5



Equipment Equipment modifications to ensure success.

- 1/2 court tennis
- Bigger & slower ball (75% slower than a Yellow ball)
- Smaller court (10.97m-12.8m x 4.88-6.1m)
- Lower net (Centre net height of: 31.5" – 33")
- Smaller racquet (21" or 23")
- Coach to Student Ratio 6:1

### SCHEDULE OPTIONS

TRY IT (Choose One)

Saturday: 9:00 AM – 10:00 AM

Sunday: 2:30 PM – 3:30 PM

PLAY IT (Must be able to attend all sessions)

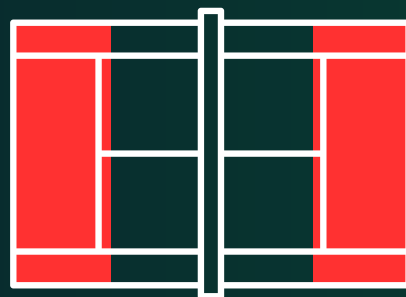
Monday: 4:00 PM – 5:00 PM

Wednesday: 4:00 PM – 5:00 PM



Session	Try It		Play It	
	Member	Non-Member	Member	Non-Member
Fall – 16 Weeks	\$371	\$435	\$707	\$835
Winter – 11 Week	\$266	\$310	\$497	\$585
Spring – 13 Weeks	\$326	\$376	\$612	\$716
Prices displayed are for reference purposes only and are subject to change. Final pricing is confirmed upon registration.				

The RED 1/2 court tennis program is the second step of progressive tennis. Coordination and cooperative activities will lead to the development of the basic tennis and athletic skills in a FUN and active environment. Coach to Student Ratio 6:1



### TRY IT (Choose One)

Saturday: 9:00 AM – 10:00 AM

Sunday: 2:30 PM – 3:30 PM

PLAY IT (Must be able to attend all sessions in the group)

Group A:

Monday & Wednesday: 4:00 PM – 5:00 PM (Practice Days)

OR

Group B:

Tuesday & Thursday: 4:00 PM – 5:00 PM (Practice Days)

Additional: FUN MATCH PLAY (Must be approved by Head of Junior Development)

Friday: 4:00 PM – 5:30 PM (Play Day)



Session	Try It		Play It		Fun Match Play	
	Member	Non-Member	Member	Non-Member	Member	Non-Member
Fall - 16 Weeks	\$371	\$435	\$707	\$835	\$480	\$552
Winter - 11 Week	\$266	\$310	\$497	\$585	\$330	\$379.50
Spring - 13 Weeks	\$326	\$376	\$612	\$716	\$409.50	\$468
Prices displayed are for reference purposes only and are subject to change. Final pricing is confirmed upon registration.						

# Orange Ball

## Ages 8 – 9

Equipment modifications to ensure success:

- 3/4 Court
- Bigger & slower ball (50% slower than a Yellow ball)
- Smaller court (17.98-18.29 x 6.4-8.23m)
- Lower net (Centre net height of: 31.5-36")
- Smaller racquet (23" or 25")

### SCHEDULE OPTIONS

TRY IT (Choose One)

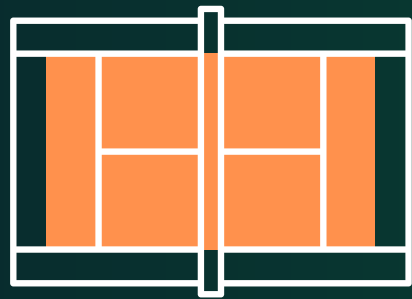
Saturday: 10:00 AM – 11:00 AM

Sunday: 3:30 PM – 4:30 PM

PLAY IT (Must be able to attend all sessions)

Tuesday & Thursday: 4:00 PM – 5:00 PM (Practice Days)

Friday: 4:00 PM – 5:30 PM (Play Day)



Session	Try It		Play It	
	Member	Non-Member	Member	Non-Member
Fall – 16 Weeks	\$403	\$451	\$1251	\$1419
Winter – 11 Week	\$288	\$321	\$871	\$986.50
Spring – 13 Weeks	\$352	\$391	\$973	\$1054
Prices displayed are for reference purposes only and are subject to change. Final pricing is confirmed upon registration.				



# Green Ball

## Ages 10 – 11

Equipment modifications to ensure success:

- Full Court
- Bigger & slower ball (25% slower than a Yellow ball)
- Full size court (23.77 x 8.23m)
- Standard net height (Centre net height of 36")
- Smaller racquet (23" or 25")
- Coach to Student Ratio 6:1

### SCHEDULE OPTIONS

TRY IT (Choose One)

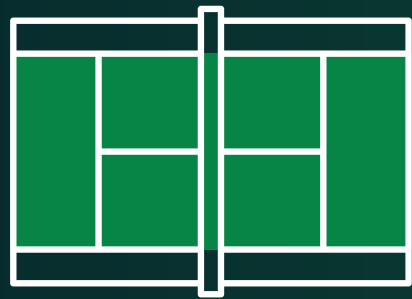
Saturday: 11:00 AM – 12:00 PM

Sunday: 4:30 PM – 5:30 PM

PLAY IT (Must be able to attend all sessions)

Tuesday & Thursday: 5:00 PM – 6:00 PM (Practice Days)

Friday: 5:30 PM – 7:00 PM (Play Day)



Session	Try It		Play It	
	Member	Non-Member	Member	Non-Member
Fall – 16 Weeks	\$403	\$451	\$1251	\$1419
Winter – 11 Week	\$288	\$321	\$871	\$986.50
Spring – 13 Weeks	\$352	\$391	\$973	\$1054
Prices displayed are for reference purposes only and are subject to change. Final pricing is confirmed upon registration.				

# Teen Tennis

## Ages 12 – 17

Equipment modifications to ensure success:

- Regular Yellow Tennis Ball (Red, Orange, Green balls may also be used depending on skill level)
- Regulation Tennis Court

### SCHEDULE OPTIONS

TRY IT (Choose One)

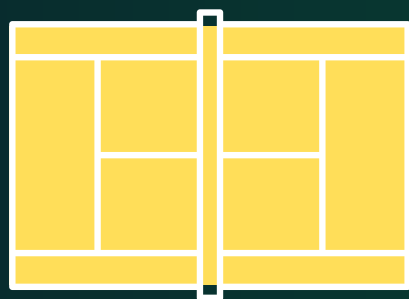
Saturday: 12:00 PM – 1:00 PM

Sunday: 5:30 PM – 6:30 PM

PLAY IT (Full year program from Sept–June)

Tuesday & Thursday: 6:00 PM – 7:00 PM (Practice Days)

Friday: 5:30 PM – 7:00 PM (Play Day)



Session	Try It	
	Member	Non-Member
Fall – 16 Weeks	\$403	\$451
Winter – 11 Week	\$288	\$321
Spring – 13 Weeks	\$352	\$391

Session Sept.–June	Play It	
	Member	Non-Member
Instalment 1 Sept. 2 – Dec. 21	\$1251	\$1419
Instalment 2 Jan.5 – Mar. 22	\$871	\$986.50
Instalment 3 Mar.30 – Jun. 28	\$1023	\$1159.50

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

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)