



# ADULT PROGRAM GUIDE

SEPT 2026 - JUNE 2027

[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): AUG. 31 – SEPT 27, 2026 (3/4 WEEKS)

SESSION 2 (FALL): SEPT 28 – NOV 8, 2026 (5/6 WEEKS)

SESSION 3 (FALL): NOV 9 – DEC 20, 2026 (5/6 WEEKS)

SESSION 4 (WINTER): JAN 4 – FEB 14, 2027 (6 WEEKS)

SESSION 5 (WINTER): FEB 16 – MARCH 21, 2027 (4/5 WEEKS)

SESSION 6 (SPRING): MARCH 30 – MAY 16, 2027 (5/6 WEEKS)

SESSION 7 (SPRING): MAY 17 – JUNE 27, 2027 (4/5 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 7, 2026 – Labour Day
- October 12, 2026 – Thanksgiving Monday
- November 11, 2026– Remembrance Day
- January 1, 2027 – New Year’s Day
- February 15, 2027 – Family Weekend
- March 26 – March 29, 2027 – Easter Weekend
- May 24, 2027 – Victoria Day
- July 1, 2027– Canada Day
- August 2, 2027 – Heritage Day Long Weekend



# 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   3.0+	<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: 4.0-4.5 <b>CLINIC</b>	PR: 4.0 - 4.5 <b>PRACTICE N’ PLAY</b>	
		PR: 5.0+ or UTR: 6.0+ <b>PRACTICE N’ PLAY</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.

Monday: 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
4 Weeks	\$138	\$156	\$144	\$186	\$162	\$210
5 Weeks	\$173	\$195	\$180	\$233	\$203	\$263
6 Weeks	\$207	\$234	\$216	\$279	\$243	\$315

# 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- 12:30 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: 10:30 - 12:00 PM

## 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  
Saturday: 9:00 - 10:00 AM  
Sunday: 9:30 - 10:30 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
4 Weeks	\$144	\$186	\$162	\$210	\$224	\$288	\$92	\$108	\$138	\$162
5 Weeks	\$180	\$233	\$203	\$263	\$280	\$360	\$115	\$135	\$173	\$203
6 Weeks	\$216	\$279	\$243	\$315	\$336	\$432	\$138	\$162	\$207	\$243

# 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: 12:00 - 2:00 PM
3.5	Wed: 8:30 - 10:00 PM Sun: 12:00 - 2:00 PM
4.0 - 4.5	Wed: 8:30 - 10:00 PM Sunday: 12:00 - 2:00 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
4 Weeks	\$102	\$138	\$136	\$184
5 Weeks	\$128	\$173	\$170	\$230
6 Weeks	\$153	\$207	\$204	\$276

# 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 2026-2027 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 AM - 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 5, 2026 (Saturday) - Yoga & Cardio Social**

**September 27, 2026 (Sunday) - Club Champs - Finals day social with food/drinks and Wilson demo morning. Matches starting at 9am.**

**October 17, 2026 (Saturday) - Dingles Social**

**October 23 & 24, 2026 (Friday & Saturday) - 3.0 & 3.5 Live Ball (Two Separate Events)**

**November 6, 2026 (Friday) - 1.5 & 2.0 Player Mixer - All 1.5 and 2.0 players not in the league invited to join, 7-9pm**

**November 21, 2026 (Saturday) - 80's themed Cardio Tennis with cheese and wine 7-8:30pm**

**November 28, 2026 (Saturday) - Adult Christmas Social - 6-8pm on court, food and drinks afterwards**

**December 29, 2026 (Tuesday) - Christmas Cardio Social**

**March 6, 2027 (Saturday) - 4.0 Pro-am team event (teams of 4 players, with all doubles)**

**March 9, 2027 (Tuesday) - Internationals women's day social - Ladies league morning**

**April 16, 2027 (Friday) - 1.5 & 2.0 social, including a Cardio tennis experience 7-9pm.**

**May 2027 - 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.

- Orange, Green, Yellow (Teen) 'Play-it' program requires a 2.5 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 & 5.0+ 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

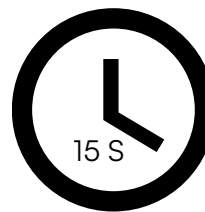
**5.0+ = 8+**  
(On both FH & BH sides)

**4.0-4.5 = 6+**  
(On both FH & BH sides)

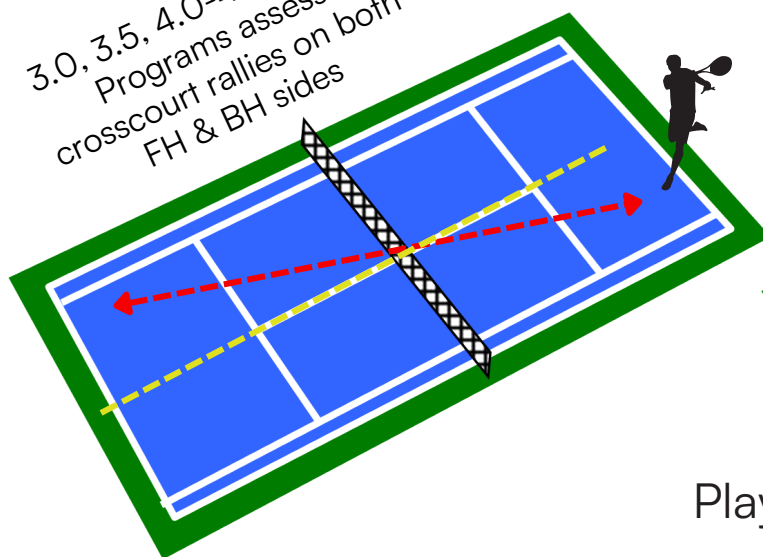
**3.5 = 5**  
(On both FH & BH sides)

**3.0 = 3**  
(Mixed FH & BH)

**2.5 = 2**  
(Mixed FH & BH)



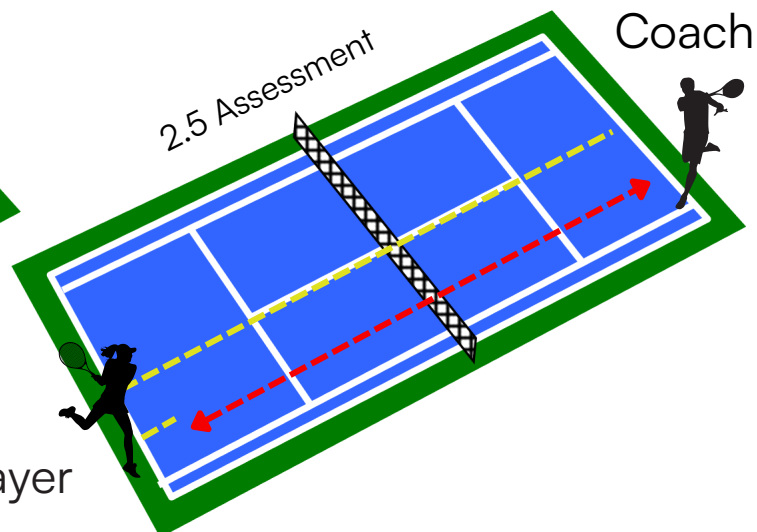
3.0, 3.5, 4.0-4.5 & 5.0+  
Programs assess  
crosscourt rallies on both  
FH & BH sides



2.5 Assessment

Player

Coach



# 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

**5.0+ = 14/20**

**4.0-4.5 = 9/20**

**3.5 = 8/20**

**3.0 = 6/20**

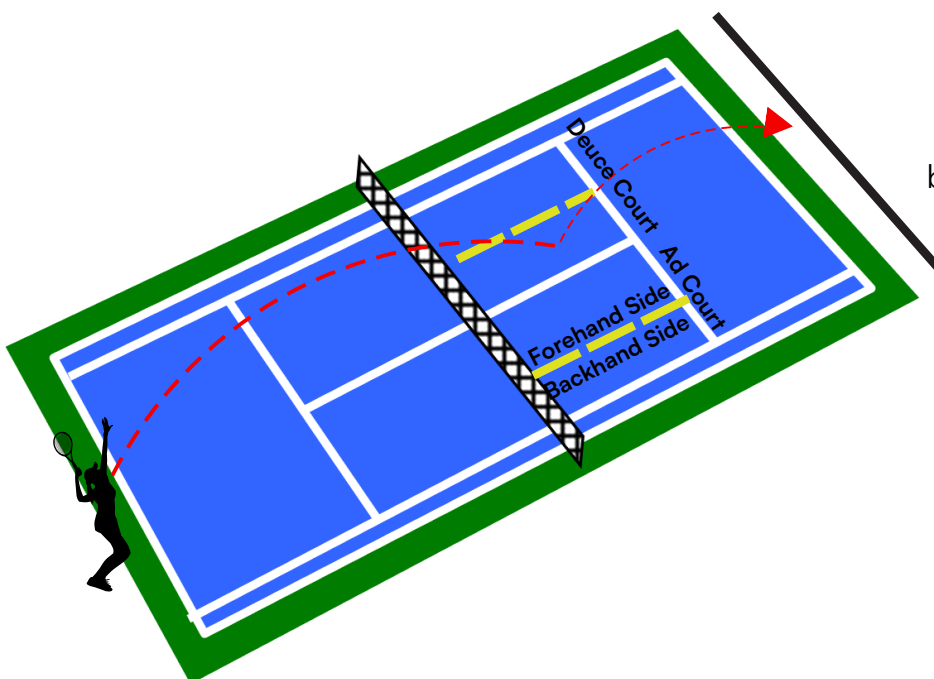
**2.5 = 4/20**

## 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

## 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

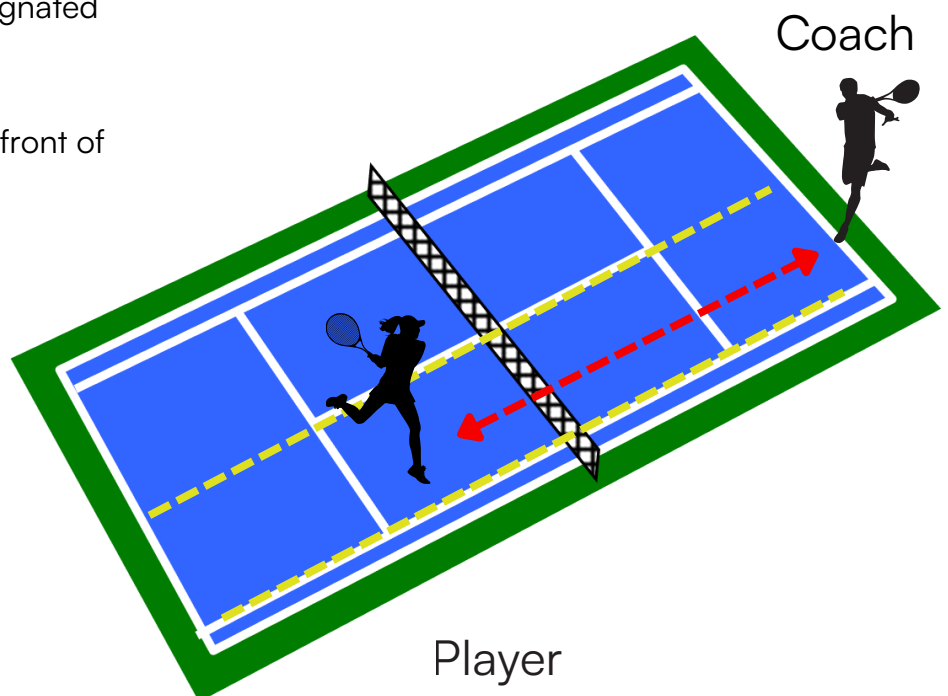
3.0 = 3

2.5 = 2

## 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

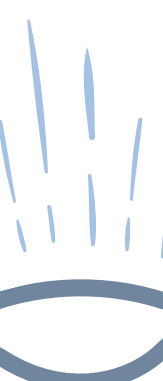
Only volleys that keep groundstroker behind baseline count.





# 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.
  - **Skill Assessments (SA's) are offered and required for all programs 2.5+ to ensure Members and non-members enroll in the appropriate program and train with players of similar ability.**
    - A 20-minute PSA is \$25 + GST per player. Members may use their Free Assessment voucher to redeem one complimentary assessment per calendar year.
    - To register, please contact the Member Services Desk at 587-393-1600.
    - Assessments are available weekly throughout the year.
  - 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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