

Hamilton Tennis Club - Adult Programs 2024

- All sessions run once a week for four weeks unless otherwise noted.
- Rain cancels all classes. If rain cancels a class, that missed class will be added onto the end of the session. There will be no refunds.
- There will be no make-up classes for any classes missed by the participant.
- There will be a maximum of 6-8 participants per instructor.
- Open to members and non-members of the Hamilton Tennis Club.
- Register for all tennis programs online at www.thecourtmasters.com

Location: Hamilton Tennis Club - 257 Duke Street (located behind Locke Street)

TENNIS FITNESS

How many balls can you hit in an hour? Tennis Fitness is a fun, group activity featuring drills to give players of all abilities an ultimate, high energy workout. Each drill is designed to be fun, challenging and gets you moving. Emphasis is on raising your heart rate into the aerobic training zone, not stroke execution. If you are looking for a new way to get in shape and burn calories, you must try Tennis Fitness! Come ready to sweat! This program is not open to beginner players.

Cost: Member of HTC: \$80 per session (4 weeks in total) + HST
 Non-Member of HTC: \$100 per session (4 weeks in total) + HST

Session 1:	May 1 - May 22, 2024	Wednesdays 9:30-10:30am
Session 2:	May 9 - May 30, 2024	Thursdays 7:30-8:30pm
Session 3:	May 10 - June 7, 2024 (off May 17)	Fridays 6:30-7:30pm
Session 4:	June 5 - June 26, 2024	Wednesdays 9:30-10:30am
Session 5:	June 13 - July 4, 2024	Thursdays 7:30-8:30pm
Session 6:	July 18 - August 8, 2024	Thursdays 7:30-8:30pm

Session 7:	August 22 - September 12, 2024	Thursdays 7:30-8:30pm
Session 8:	September 4 - September 25, 2024	Wednesdays 9:30-10:30am

BEGINNER TENNIS 101

In this beginner program you will receive instruction on the two basic strokes - forehand and backhand - with the goal of learning rally consistently. There will be considerable emphasis on hand-eye co-ordination exercises and basic body movements. You will be introduced to the serve, volley, scoring system and rules of the game. Many participants take this course twice before progressing to Tennis 201.

Cost: Member of HTC: \$80 per session (4 weeks in total) + HST
 Non-Member of HTC: \$100 per session (4 weeks in total) + HST

Session 1:	May 1 - May 22, 2024	Wednesdays 10:30-11:30am
Session 2:	May 1 - May 22, 2024	Wednesdays 8:30-9:30pm
Session 3:	May 4 - June 1, 2024 (off May 18)	Saturdays 12:30-1:30pm
Session 4:	May 9 - May 30, 2024	Thursdays 6:30-7:30pm
Session 5:	May 10 - June 7, 2024 (off May 17)	Fridays 7:30-8:30pm
Session 6:	June 5 - June 26, 2024	Wednesdays 10:30-11:30am
Session 7:	June 5 - June 26, 2024	Wednesdays 8:30-9:30pm
Session 8:	June 13 - July 4, 2024	Thursdays 6:30-7:30pm
Session 9:	July 10 - July 31, 2024	Wednesdays 8:30-9:30pm
Session 10:	July 18 - August 8, 2024	Thursdays 6:30-7:30pm
Session 11:	August 22 - September 12, 2024	Thursdays 8:30-9:30pm
Session 12:	September 4 - September 25, 2024	Wednesdays 10:30-11:30am

BEGINNER TENNIS 201

This novice program continues where Tennis 101 left off. All core fundamental strokes will be practiced. Emphasis will be placed on rallying skills and technique.

Cost: Member of HTC: \$80 per session (4 weeks in total) + HST
Non-Member of HTC: \$100 per session (4 weeks in total) + HST

Session 1:	May 9 - May 30, 2024	Thursdays 8:30-9:30pm
Session 2:	June 13 - July 4, 2024	Thursdays 8:30-9:30pm
Session 3:	July 18 - August 8, 2024	Thursdays 8:30-9:30pm
Session 4:	August 14 - September 4, 2024	Wednesdays 8:30-9:30pm
Session 5:	August 22 - September 12, 2024	Thursdays 6:30-7:30pm
Session 6:	September 18 - October 9, 2024	Wednesdays 8:30-9:30pm

STROKE CLINIC (Novice/Intermediate)

The Stroke Clinic is a perfect program for those players that have already completed the Beginner Tennis 201 program or for those novice/intermediate players that are just looking to practice all aspects of their game. This is NOT a beginner program. Each week a new stroke is analyzed. An emphasis is placed upon technique and rallying skills. Register online at www.thecourtmasters.com.

Cost: Member of HTC: \$80 per session (4 weeks in total) + HST
Non-Member of HTC: \$100 per session (4 weeks in total) + HST

Session 1:	June 3 - June 24, 2024	Mondays 8:30-9:30pm
Session 2:	July 8 - July 29, 2024	Mondays 8:30-9:30pm
Session 3:	August 12 - Sept. 9, 2024 (off Sept. 2)	Mondays 8:30-9:30pm

PRIVATE ADULT TENNIS LESSONS

Private one hour tennis lessons can be arranged directly with Mischa Mackesy. Mischa can be reached at courtmasters@gmail.com or by phone at 905-517-5672.

Private Lesson:	Member of HTC:	\$70/lesson + HST (hard or clay)
	Non-Member of HTC:	\$80/lesson + HST (hard court) \$90 per hour + HST (clay court)
Semi-Private Lesson: (2 People)	Members of HTC:	\$40/person/hour + HST (hard or clay)
	Non-Members of HTC:	\$50/person/hour + HST (hard) \$60/person/hour + HST (clay)

PRIVATE DOUBLES TENNIS LESSONS

Set up your own private group clinic with Head Tennis Pro Mischa Mackesy. You must bring your own group of 3 or 4 players.. The focus of these tennis lessons is on doubles skills, strategy and tactics. Mischa can be reached at courtmasters@gmail.com or by phone at 905-517-5672.

Group of Three:	Members of HTC:	\$30/person/hour + HST (hard or clay)
	Non-Members of HTC:	\$40/person/hour + HST (hard) \$50/person/hour + HST (clay)
Group of Four:	Members of HTC:	\$25/person/hour + HST (hard or clay)
	Non-Members of HTC:	\$35/person/hour + HST (hard) \$45/person/hour + HST (clay)