

NORTHFIELD

RACQUET & FITNESS CLUB

Tennis Programs 2010/11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competitive Ladies & Mixed Bi-weekly Times vary		Ladies Workshop 9:30 – 11:30 am Level 3.0 & up	Ladies Playgroup 9:30 – 11:30 am level 3.0 & up	Mixed Workshop 9:30 – 11:00 am 2.5 & up	Jr. Munchkins 6 – 9 years 9 am & 10 am
		New to the Game or Refresher Workshop 9:30 – 11 am			Jr. Stokers 10 – 15 years 11:00 am – 12:30
Ladies Playgroup 1:00 – 3:00 pm level 2.5 & up	Seniors 1:00 – 3:00 pm all levels		Ladies Workshop 1:00 – 2:30 pm 4.0 & up	Seniors 1:00 – 3:00 all levels	Mixed Workshop 10:00 – 12:00 Level 3.5 – 4.0
Nippers 5-7 yr 4:30 – 5:30 pm	Nippers 8-9 yr 4:30 – 5:30 pm	Nippers 9-10 yr 4:30 – 5:30 pm	Nippers 5-7 yr 4:00 – 5:00 pm Nippers 10-11 yr 5:00 – 6:00 pm		Men's Invitational 1:00 – 3:00 pm 4.5 & up
Juniors 4:30 – 6:00 pm novice to adv.	Juniors 4:30 – 6:00 pm intermediate	Juniors 4:30 – 6:00 pm novice to adv.	Juniors 4:30 – 6:00 pm intermediate		
Beginner Mixed Workshop 6:00 – 7:00 pm	Ladies Invitational 6 pm - 7:30 pm. 4.0 & up	Ladies Workshop 6:00 – 7:30 pm level 2.5 & up	Mixed Workshop 6-7:30 pm 2.5 & up	Mixed Doubles Mini-tourneys Monthly	Watch for posters for competitive tournaments
Men's Playgroup 7:00 – 9:00 pm 3.0 & up	Mixed Workshop 6:00 – 8:00 pm level 3.5-4.0	Men's invitational 7:00 – 9:00 pm level 4.5 & up	Mixed playgroup 7:00 – 9:00 pm level 3.5		*Singles House League Alternates level & day each week.
Men's & Ladies' *Singles HL 9-10:30pm	Mixed Playgroup 7:00 – 8:30 pm 2.5 & up	Men's & Ladies' *Singles HL 9-10:30pm			Sign up on bulletin board or contact tennis programmer.

Descriptions of Tennis Programs

INTRODUCTORY ASSESSMENTS: complimentary 30 minute hit with Pro to evaluate your strokes, give you quick tips for improvement and recommend suitable programs and players at your level.

PLAYGROUPS*: Play doubles in a Round Robin format. Every 30-40 minutes the supervising Pro will rotate players to ensure each player plays with a variety of partners. The pro will participate if attendance is uneven.

WORKSHOPS*: Group lessons (for adults) with drills & game play, to enhance each player's strokes and strategies.

INVITATIONAL: Group organized by Head Pro. Seasoned "A level" players are invited to participate.

SENIOR MEN'S DAYTIME: Round Robin format with a week to week sign up.

NIPPERS & MUNCHKINS: Tennis lessons for kids aged 5 – 11. Introduction to the basics of tennis. Strength, hand eye coordination and drills will be the focus.

JUNIORS: Tennis lessons for teens aged 12+. Group lessons will introduce older children to the game of tennis with an emphasis on all the basic strokes including scoring and doubles positioning.

CLINICS & PRIVATE LESSONS: Please arrange directly with Pro.

SINGLES HOUSE LEAGUE: Organized ladder groups for most skill levels. Participants are divided into groups of 5 –8 people based on their skill level. Players arrange their own games in the specified amount of time. Sign up on the tennis bulletin board.

***Playgroups and Workshops:** Players may sign up to be a permanent participant for entire season or can sign up on week to week basis as a spare when space permits. If you are a permanent participant, please remember to inform the club (24 hours prior) if you can not attend or you will be charged.

For more information on any programs please contact:

Ed Andrusis, Head Tennis Pro at ed@northfieldclub.com or 519 884-7020 ex 15
or Susan Ovenden, Tennis Programmer at susan@northfieldclub.com or ex 17