



April 2021 Tennis Program: 6 Week Session

Beginning Monday, April 26th and ending Saturday, June 5th

TIME	MON.		TUES.		WED.		THURS.		FRI.			SAT.	
9 AM							Ad CP 9AM-10:30PM	Ad CP 9AM-10:30PM					
10 AM												Le Petit 10AM-10AM	Red Ball 10AM-11AM
11 AM												Green Ball 11AM-12PM	Yellow Ball 11AM-12PM
12 PM													
1 PM	50 Plus Tennis 1.0 1PM-2PM		50 Plus Tennis 2.0 1PM-2PM									Junior Team Tennis 1PM-2PM	Junior Team Tennis 1PM-2PM
2 PM												Junior Team Tennis 2PM-3PM	Junior Team Tennis 2PM-3PM
3 PM												Junior Team Tennis 3PM-4PM	Junior Team Tennis 3PM-4PM
4 PM	Orange PDP 4PM-5PM		Junior Comp 3:30PM-5:00PM		Junior Comp 3:30PM-5:00PM								
5 PM			Red Ball 5:00PM-6:00PM		Red Ball 5:30PM-6:30PM		Orange Ball 5:00PM-6:00PM	Orange Ball 5:00PM-6:00PM					
6 PM	Green PDP 5:30PM-7:00PM		Green Ball 6:00PM-7:00PM	Green Ball 6:00PM-7:00PM	Adult 1.5 6:30PM-7:30PM	WTT 6:30PM-7:30PM	Yellow Ball 6PM-7PM	Yellow Ball 6PM-7PM	Adult TT 6PM-7:30 PM	Adult TT 6PM-7:30 PM	Adult TT 6PM-7:30 PM		
7 PM	Adult 2.0 7PM-8PM	Adult 2.0 7PM-8PM	Cardio Tennis 7PM-8PM										
8 PM	Adult Competitive 8PM-9PM	Adult Competitive 8PM-9PM											

Please See Back for more Details!

Would you like some more information? Give us a call (902) 843-4171 or email info@cougardome.ca

Youth Learn and Play Program

All ages are recommendations ONLY!

Recreational Stream

- Le Petit Tennis (Ages 3-5)
- Red Ball (Ages 5-7)
- Orange Ball (Ages 7-9)
- Green Ball (Ages 9-11)
- Yellow Ball (Ages 11+)
- Junior Team Tennis

Competition Stream

- Junior Comp: Tennis Training (Invitation only)
- PDP Academy Programs: Tennis Training (Invitation only)

Adult Learn and Play Program

- WTT: Beginner program for those who needs the basic skills to start playing
- Adult 1.5-2.0: Intermediate program for those who needs the basic skills to improve their play
- Adult Competitive: Level 3.0 and 4.0 – Program for those who need advanced coaching.
- Cardio-Tennis: High energy fitness session that combines cardiovascular exercise, Tennis and motivating music.
- Adult Team Tennis: Organized matches between members and non-members.
- 50 Plus Tennis: Beginner/Intermediate program for those who needs the basic skills to start playing
- Adult Clinic and Play: If you want to have fun learning and playing, this is for you! 30 minutes of clinic and 30 minutes of supervised play.
- Adult Team Tennis: Organized matches between members and non-members.

Pricing – Youth Lessons

Junior Recreational Programming: 6 week session = \$72.00
Le Petit Tennis: 6 week session = \$60.00
PDP Academy Programs = \$15.00 per hour
Junior Team Tennis: \$10.00 per hour

Pricing – Adult Lessons

Adult 1.5, & Cardio-Tennis: 6 week session = \$72.00
50 Plus Tennis 2.0, WTT: 6 week session = \$60.00
Adult 2.0, 50 Plus Tennis 1.0 & Competitive: 5 week session = \$60.00
Adult Clinic and Play: 6 week session = \$90.00
Adult Team Tennis: according to Membership Plan or Court Fees

All prices are subject to HST when applicable

March 2021: 6 Week Session

Week #1: Mon., April 26th – Sat., May 1st
Week #2: Mon., May 3rd – Sat., May 8th
Week #3: Mon., May 10th – Sat., May 15th
Week #4: Mon., May 17th – Sat., May 22nd
Week #5: Tues., May 25th – Sat., May 29th
Week #6: Mon., May 31st – Sat., June 5th

****PDP, Junior Comp schedules are on going**

****Next schedule begins June 7th, 2021**

**** No lessons May 24th**



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902-843-4171 or info@cougardome.ca