



# Winter Tennis Lessons: 6 Week Session

*Beginning Monday, February 24<sup>th</sup> and ending Saturday, April 4<sup>th</sup>*

TIME	SUN	MON.	TUES.	WED.	THURS.	FRI.	SAT
9 AM							
10 AM			50 Plus Tennis 2.0 9:30AM – 10:30AM		Golf / Tennis Clinic TENNIS SESSION 9:30AM – 10:30AM		Le Petit 10AM – 11AM
11 AM					Adult Clinic and Play 10:30AM – 12:00PM		Red Orange Ball 10AM-11AM
12 PM					Lunch Break Cardio 12PM – 12:45PM		Green Ball 11AM-12AM
1 PM							Yellow Ball 11AM-12AM
2 PM			Tennis Study 1:30PM-3:30PM		Tennis Study 1:30PM-3:30PM		
3 PM							
4 PM		Tennis Study 3:30PM-5:30PM			Tennis Study 3:30PM-5:30PM		
5 PM			Yellow PDP 4:30PM-6:30PM				
6 PM		Green PDP 5:30PM-7:00PM	Red Ball 5:30PM-6:30PM		Red PDP 5:30PM-7:00PM		Jr Team Tennis (age 5-9) 5:30PM – 7:00PM
7 PM		Adult Competitive 7PM - 8PM	Green Ball 6:30PM – 7:30PM		Adult 1.0 7PM = 8PM	Adult Team Tennis 6PM-8PM	Jr Team Tennis (age 10-14) 7:00PM-8:30PM
8 PM			Orange Ball 5:30PM-6:30PM				

**Please See Back for more Details!**

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

## Youth Lessons

★ *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 9-10)
- Yellow Ball (Ages 10+)
- Team Tennis (Ages 5-9 and 10 -14)

### Competition Stream

- Tennis Study: Tennis Training (Invitation only)
- PDP Academy Programs: Tennis Training (Invitation only)

## Adult Lessons

- Adult 1.0 and 2.0: Beginner and intermediate program for those who needs the basic skills to start playing and for those who needs to improve their game.
- Adult Competitive: Level 3.0 and 4.0 – Program for those who need advanced coaching.
- 50 Plus Tennis: If you want to have fun learning and playing, this is for you! 60 minutes of clinic.
- Adult Clinic and Play: Focus on fun learning and organized play
- Cardio-Tennis: High energy fitness session that combines cardiovascular exercise, Tennis and motivating music
- Adult Team Tennis: Supervised tennis matches with a pro on the court
- Advanced Doubles Clinics – Focus on tactical play during matches (advanced technique on serve and volley)
- NEW!! Golf/Tennis Clinics: In partnership with the Truro Golf Club we are offering an introduction to Golf and Tennis for beginners. Each Tuesday it is golf from 10AM – 11AM and Tennis on each Thursday from 9:30AM – 10:30AM. Starting January 13th

## Pricing – Youth Lessons

Junior Recreational Programming: 6 week session (1 hour/week) = \$72.00  
Le Petit Tennis: 4 week session = \$60.00  
PDP Academy Programs= \$15.00 per hour  
Junior Team Tennis: \$50.00/ 8 weeks

## Pricing – Adult Lessons

Adult 1.0, 2.0, and Adult Competitive: 6 week session = \$72.00  
Lunch Break Cardio Tennis \$10.00/lesson (45 minutes)  
50 Plus Tennis: 6 week session = \$48.00  
Adult and Play: 6 week session = \$72.00  
Golf and Tennis Clinics: \$28.00/week or \$168.00/ 6 week session

*All prices are subject to HST when applicable*

## Winter 2020: 6 Week Session

Week #1: Mon., Feb. 24<sup>th</sup> – Sat., Feb. 29<sup>th</sup>  
Week #2: Mon., Mar. 2<sup>nd</sup> – Sat., Mar. 7<sup>th</sup>  
Week #3: Mon., Mar. 9<sup>th</sup> - Sat., Mar. 14<sup>th</sup>  
Week #4: Mon., Mar. 16<sup>th</sup> – Sat., Mar 21<sup>st</sup>  
Week #5: Mon., Mar. 23<sup>rd</sup> – Sat., Mar. 28<sup>th</sup>  
Week #6: Mon., Mar. 30<sup>th</sup> – Sat., April 4<sup>th</sup>

**\*\*Make-up lesson: Week of Mon., April 6<sup>th</sup> to Sat., April 11<sup>th</sup>**

**\*\*PDP, and Tennis Study schedules are on going**

**\*\*Next schedule begins Monday, April 13<sup>th</sup>, 2020**