



January Tennis Program: 6 Week Session

Beginning Monday, January 7th and ending Sunday, February 16th

TIME	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.
9 AM							
10 AM			Doubles Clinic 10AM-11AM		Feeding Frenzy 9:30AM-11:00AM		Le Petit 10AM-11AM Red Ball 10AM-11AM Orange Ball 10AM-11AM
11 AM			50 Plus Tennis 11AM-12PM		50 Plus Tennis 11AM-12PM		Yellow Ball 11AM-12PM Green Ball 11AM-12PM
12 PM							Cougar Slammers 12PM-2PM
1 PM							
2 PM			Tennis Study 1:30PM-3:30PM		Tennis Study 1:30PM-3:30PM		
3 PM		Tennis Study/PDP		Tennis Study/PDP			
4 PM		Tennis Study 3:30PM-5:00PM Yellow PDP 3:30PM-5:30PM	High School 3:30PM-5:00PM	Tennis Study 3:30PM-5:30PM Yellow PDP 3:30PM-5:30PM			
5 PM		Green PDP 5:30PM-7:00PM	Red Ball 5PM-6PM Orange Ball 5PM-6PM	Orange /Green PDP 5:30PM-7:00PM		Mix N Match 5PM-6PM	Mix N Match 5PM-6PM
6 PM			Cardio Tennis 6PM-7PM		Parent Child 6PM-7PM	Mix N Match 6PM-7PM	Mix N Match 6PM-7PM
7 PM			Adult 1.0 7PM-8PM	Adult Competitive 7PM-8PM	Adult 1.0 7PM-8PM		
8 PM							

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 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 9-11)
- Yellow Ball (Ages 11+)

Competition Stream

- High School (Age 14+): Tennis Training (Evaluation Required)
- Tennis Study: Tennis Training (Invitation only)
- PDP Academy Programs: Tennis Training (Invitation only)
- New! Cougar Slammers: Juniors/Adults Supervised play (invitation only)

Adult Lessons

- Adult 1.0: Beginner 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.
- Cardio-Tennis: High energy fitness session that combines cardiovascular exercise, Tennis and motivating music.
- Feeding Frenzy: Drills, Drills and drills...If you want to improve your game hitting a ton of balls, these lessons are for you !
- 50 Plus Tennis: If you want to have fun learning and playing, this is for you! 30 minutes of clinic and 30 minutes of supervised play.
- Mix N Match: Organized matches between members and non-members.
- Doubles Clinic: Focus on tactical play during matches

Pricing – Youth Lessons

Junior Recreational Programming: 6 week session = \$72.00
Le Petit Tennis: 6 week session = \$60.00
High School: 6 week session = \$120.00
Parent/child: 6 week session = \$120.00 (includes Parent and child)
PDP Academy Programs = \$15.00 per hour
Cougar Dome Slammers: \$10.00 per hour

Pricing – Adult Lessons

Adult 1.0, Competitive and Cardio-Tennis: 6 week session = \$72.00
Doubles Clinic: 6 week session = \$72.00 (4 players per court)
Feeding Frenzy: 6 week session = \$100.00

All prices are subject to HST when applicable

Winter 2019: 6 Week Session

Week #1: Mon., Jan. 7th – Sat., Jan. 12th
Week #2: Mon., Jan. 14th – Sat., Jan. 19th
Week #3: Mon., Jan. 21st – Sat., Jan. 26th
Week #4: Mon., Feb. 28th – Sat., Feb. 2nd
Week #5: Mon., Feb. 4th – Sat., Feb 9th
Week #6: Mon., Feb 11th – Sat., Feb 16th

****Make-up lesson: Week of Mon., Feb 18th to Sat. Feb. 23rd**

****PDP training on Saturday is variable according to the Tournament schedule**

****PDP, Tennis Study and High School schedules are on going**

****Next schedule begins February 25th, 2019**

