



# July/August 2021 - Learn and Play Tennis Programs: 4 Week Session at the Truro Tennis Club/Cougar Dome

*Beginning Monday July 26th and ending Friday August 20th*

TIME	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	
9 AM								
10 AM								
11 AM			50 Plus Tennis 1.0 11AM-12PM		Adult Clinic and Play 10:30AM-12:00PM	Adult Clinic and Play 10:30AM-12:00PM		
12 PM			50 Plus Tennis 2.0 12PM-1PM					
1 PM								
2 PM								
3 PM			Junior Competitive 3PM-5PM	Junior Competitive 3PM-5PM	Junior Competitive 3PM-5PM			
4 PM		Orange PDP 4:00PM-5:30PM	Junior Competitive 3PM-5PM	Le Petit Tennis 4PM-5PM	Junior Competitive 3PM-5PM	Team tennis/Red Ball 4PM-5PM		
5 PM		Green PDP 5:30PM-7:30PM	Red Ball 5PM-6PM	Red Ball 5PM-6PM	Red PDP 5PM-6PM	Orange Ball 5PM-6PM	Orange Ball 5PM-6PM	Team tennis/Orange Ball 5PM-6PM
6 PM			Green Ball 6PM-7PM	Green Ball 6PM-7PM	Adult 1.5 6PM-7PM	WTT 6PM-7PM	Yellow Ball 6PM-7PM	Yellow Ball 6PM-7PM
7 PM		Adult 2.0 7PM-8PM	Adult 2.0 7PM-8PM					
8 PM		Adult Comp 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](mailto:info@cougardome.ca)**

## Youth Learn and Play

*All ages are recommendations ONLY!*

### Recreational Stream

- Le Petit Tennis (Ages 3-5)
- Red Ball (Ages 5-6)
- Orange Ball (Ages 6-8)
- Green Ball (Ages 9-11)
- Yellow Ball (Ages 12+)
- Team Tennis – Supervised Match Play (All age groups)

### Advanced Stream

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

## Adult Learn and Play

- WTT: Beginner program for those who need the basic skills to start playing.
- Adult 1.5-2.0: Intermediate program for those who need the basic skills to improve their play.
- 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: If you want to have fun learning and playing, this is for you! 45 minutes of clinic and 45 minutes of supervised play.

## Pricing – Youth Learn and Play

Junior Recreational Programming: 4 week session = \$48.00  
Le Petit Tennis: 4 week session = \$40.00  
Team Tennis Matches: Drop-In fee of \$5.00 per hour  
PDP = \$15.00 per hour  
Junior Competitive Academy Programs = \$15.00 per hour

## Pricing – Adult Learn and Play

Adult 1.5: 4 week session = \$48.00  
Adult 2.0, Adult Competitive: 3 week session = \$36.00  
WTT and 50 Plus Tennis 1.0, 2.0: 4 week session = \$40.00  
Adult Clinic and Play (1.5 hr): 4 week session = \$60.00

*All prices are subject to HST when applicable*

## July/August 2021: 4 Week Session

Week #1: Mon., July 26<sup>th</sup> – Fri., July 30<sup>th</sup>  
Week #2: Tues., August 3<sup>rd</sup> – Fri., August 6<sup>th</sup>  
Week #3: Mon., August 9<sup>th</sup> – Fri., August 13<sup>th</sup>  
Week #4: Mon., August 16<sup>th</sup> – Fri., August 20<sup>th</sup>

**\*\*Next schedule begins August 23<sup>rd</sup>, 2021**

**\*\*No Lesson on August 2nd, 2021 (Natal Day)**

