



January Tennis Program: 6 Week Session

Beginning Monday, January 11th and ending Saturday, February 20th

TIME	MON.		TUES.		WED.		THURS.		FRI.			SAT.	
9 AM												Parent/Child 9AM-10AM	
10 AM												Le Petit 10AM-10AM	Red Ball 10AM-11AM
11 AM									Feeding Frenzy 11AM-12PM	Feeding Frenzy 11AM-12PM		Green Ball 11AM-12PM	Yellow Ball 11AM-12PM
12 PM	Doubles Clinic 12PM-1PM							Ad CP 12PM-1:30PM					
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	High School 3:30pm-5:00pm	Junior Comp 3:30pm-5:00pm	Yellow PDP 3:30pm-5:00pm		Red PDP 4PM-5PM					
5 PM			Red Ball 5:00pm-6:00pm	Orange 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	Yellow 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+)
- Parent and child
- Junior Team Tennis

Competition Stream

- High School (Age 14+): Tennis Training (Evaluation Required)
- 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.
- 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: 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.
- Doubles Clinic: Focus on tactical play during matches
- 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
High School: 6 week session = \$135.00
Parent and Child: 6 week session = \$144.00 (includes Adult and child)
PDP Academy Programs = \$15.00 per hour
Junior Team Tennis: \$10.00 per hour

Pricing – Adult Lessons

Adult 1.5, 2.0, Competitive & Cardio-Tennis: 6 week session = \$72.00
Doubles Clinic: 6 week session = \$72.00 (4 players per court)
Feeding Frenzy: 6 week session = \$48.00
50 Plus Tennis 1.0 and 2.0, WTT: 6 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

January 2021: 6 Week Session

Week #1: Mon., January 11th – Sat., January 16th
Week #2: Mon., January 18th – Sat., January 23rd
Week #3: Mon., January 25th – Sat., January 30th
Week #4: Mon., February 1st – Sat., February 6th
Week #5: Mon., February 8th – Sat., February 13th
Week #6: Mon., February 15th – Sat., February 20th

****Make-up lesson: Week of Mon., February 22nd to Sat. February 27th**

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

****PDP, Junior Comp and High School schedules are on going**

****Next schedule begins March 1st, 2021**

