

# 2025 ROSETHORN ADULT TENNIS PROGRAM MAY - JUNE

## MORNING WORKOUT (3.0+)

**APRIL 29 - JUNE 24 / TUESDAYS**

**7am-9am: \$540 / 9 weeks**

- Intense Drills
- Physical conditioning
- Aerobic tennis development
- 4:1 student to teacher ratio

GET LEAN!

## DOUBLES STRATEGY (3.0-4.5)

**MAY 4 - JUNE 29 / SUNDAYS**

**12pm - 2pm: \$540 / 9 weeks**

- Court positioning, and playing as a team
- Serving for doubles
- Doubles strategy and drills
- Tie-breaker match play
- 4:1 student to teacher ratio

TACTICS AND DRILLS

## SINGLES STRATEGY (3.0-4.5)

**MAY 1 - JUNE 26 / THURSDAYS**

**7am-9am: \$540 / 9 weeks**

- Intense drills, Physical conditioning
- Serving for singles
- Singles strategy and drills
- Tie-breaker match play
- 4:1 student to teacher ratio

INTENSE DRILLS

## BEGINNER (2.0-2.5)

**MAY 3 - JUNE 28 / SATURDAYS**

**12pm-1pm: \$216 / 9 weeks**

- Beginner level promotes a love of tennis and the desire to improve skills
- Focus on technical and tactical skills, movement, court sense, rules and positioning
- 5:1 student to teacher ratio

## 1000 BALL DRILL (2.0-4.5)

**MAY 2 - SEPT 26 / FRIDAYS**

**6pm-7pm: Weekly Sign-up / \$20 per hour**  
Call Blanka 647-990-4591

Hit as many balls as you can with the pros during this fast-paced one hour drill.

## INTERMEDIATES (3.0-3.5)

**APRIL 29 - JUNE 24 / TUESDAYS**

**6pm-7pm: \$216 / 9 weeks**

**APRIL 30 - JUNE 25 / WEDNESDAYS**

**1pm-3pm: \$540 / 9 weeks**

**MAY 1 - JUNE 26 / THURSDAYS**

**6pm-7pm: \$270 / 9 weeks**

**MAY 3 - JUNE 28 / SATURDAYS**

**1pm-2pm: \$216 / 9 weeks**

**MAY 4 - JUNE 29 / SUNDAYS**

**2pm-4pm: \$540 / 9 weeks**

- Basics of tactical play for singles and doubles
- Emphasize swing rhythm for forehand and backhand
- Differentiate between volleys and groundstrokes
- Focus on different serving styles as well as return of serve
- 4:1 student to teacher ratio (Wed, Thurs, Sun)
- 5:1 student to teacher ratio (Tuesday, Friday, Saturday)

## ADVANCED (4.0+)

**MAY 3 - JUNE 28 / SATURDAYS**

**2pm-4pm: \$540 / 9 weeks**

- Competitive and pre-competitive level players
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of singles/doubles
- Move beyond recreational to competitive level
- Expectation is to complement training with participation in local tournaments and leagues
- 4:1 student to teacher ratio

## PROS CORNER

**MIKE THOMSON**

**(416) 820-1993**

**Head Teaching Professional**

[shotselections@rogers.com](mailto:shotselections@rogers.com)

**BLANKA YELAVICH**

**(647) 990-4591**

**Teaching Professional, Lesson Administrator**

[blankayelavich@gmail.com](mailto:blankayelavich@gmail.com)

## PRIVATE & GROUP LESSONS

Our club pros are pleased to develop your game in private, semi and group lessons. Please contact pros for availability.

	Mike Thomson	Assistant Pro
Private	\$85/hr	\$75/hr
Semi-Private	\$50/hr	\$40/hr
Group 3ppl	\$40/hr	\$40/hr
Group 4ppl	\$30/hr	\$30/hr
Group 5ppl	\$24/hr	\$24/hr

## Signing Up

All lessons are based on a first come first serve basis.

## Rain Policy

In the event of rain or inclement weather, group lessons will be scheduled into another group of the same level by the pro. Makeup dates will occur within 7 days of the original lesson date. Please contact the clinic pro regarding the scheduling changes.

**Racquet stringing service with a 48 hrs guarantee**



## Mailing Address

**Mike Thomson, (416) 820-1993**

[shotselections@rogers.com](mailto:shotselections@rogers.com)

**341 Ridley Blvd.**

**North York, ON M3H 1L3**



**Make lesson cheques payable to Shot Selections.**

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