

2025 ROSETHORN ADULT TENNIS PROGRAM JULY - AUG

MORNING WORKOUT

JULY 1 - AUGUST 26 / TUESDAYS

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

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

GET LEAN!

DOUBLES STRATEGY

JULY 6 - AUGUST 31 / 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

JULY 3 - AUGUST 28 / 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)

JULY 5 - AUG 30 / 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)

JULY 1 - AUGUST 26 / TUESDAYS

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

JULY 2 - AUGUST 27 / WEDNESDAYS

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

JULY 3 - AUGUST 28 / THURSDAYS

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

JULY 5 - AUGUST 30 / SATURDAYS

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

JULY 6 - AUGUST 31 / 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+)

JULY 5 - AUGUST 30 / 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

BLANKA YELAVICH

(647) 990-4591

Teaching Professional, Lesson Administrator

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

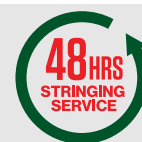
Signing Up

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

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North York, ON M3H 1L3



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

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