

St. John's Tennis Association

ADULT PROGRAMS INFORMATION GUIDE

**Indoor Season
January to June 2021**



For additional information, visit
www.sjta.ca

Term Programs

Beginner Lessons

This program will help participants learn the fundamentals and gain the confidence to play games and matches.

Initially, each lesson will consist of one hour of progressive tennis fundamentals, followed by 30 minutes of game practice where players will put those fundamentals to work while learning to play and score. The goal is to have the group participants splitting the time equally between practicing and playing matches by week 8.

Intermediate Lessons

This program focuses on tactical development and making decisions that give players better percentages of making winning shots when playing matches.

If you already have solid rally skills and understand the basic strategies of learning how to use your strength to attack the opponent's weakness, this program builds on that. We will help you develop a broader understanding of what variables go into shot selection, and a variety of ways to construct points.

Cardio Tennis

Your entire body will get a workout with an emphasis on developing a higher level of endurance through this tennis bootcamp. Combining tennis drills with off-court fitness routines, you will leave invigorated after a hard workout on the tennis court. Practice your favourite tennis shots while getting the workout you crave.

Drop-In Programs

Walk-in Clinics

Work with one of our SJTA coaches in a small group setting to improve your technical skills and game tactics. Pre-registration is not required.

Hitting Clinics for 30-for-30 Members

Pre-registration is not required.

Leagues

Leagues are co-ed unless otherwise stated

A full listing of leagues currently operating within SJTA is maintained on a bulletin board within the Club. Also included are the names and contact information of all league coordinators. Please contact the coordinators for more information or to join.

Ladders

A tennis ladder is a group of tennis players of wide-ranging abilities who are loosely ranked according to their abilities. Participants play games with others close to their ranking and move up or down the "ladder" depending on whether they win or lose.

SINGLES LADDER

Here at SJTA, our singles ladder has groups, or "boxes," with five players in each box. The boxes themselves are ranked from 1 to 5, with box 1 being the highest. Each person is assigned to a box based on their ability and plays others within their box. Five players in a box gives each player four games per month. Win/loss records are kept and at the end of each month results are tallied and the player with the highest score in each box moves up a box and the player with the lowest score moves down a box. The ladder restarts each month, so people can join or bow out temporarily throughout the year.

If you're interested in participating or learning more about our singles tennis ladder, please contact the ladder coordinator - their name and contact information is listed on the Club bulletin board or our membership services staff can help you.

There are openings for players of all abilities, however, we are keenly interested in ramping up the beginner level boxes. If you're new to tennis - or our club - it's a great way to meet other players and increase your pool of tennis partners!

DOUBLES LADDER

A new doubles ladder is being formed and will begin play in January 2021. If you'd like more information or are interested in participating, please contact the ladder coordinator - their name and contact information is listed on the Club bulletin board or our membership services staff can help you.

Pickleball

Pickleball is a paddleball sport that combines elements of badminton, table tennis and tennis. It is played by two or four people with a solid paddle and perforated ball (similar to a wiffle ball) across a low net on a badminton court. Invented in 1965, the game is exploding in popularity in Canada, the United States and internationally. [Learn more about pickleball.](#)

SJTA currently has three pickleball courts with plans to expand to six in December 2020. There are a limited number of Pickleball racquets and balls available for loan at the front desk for those who do not have their own equipment.

Court Bookings:
Monday to Friday, 11:30 am to 3:30 pm

Learn to Play Clinics

Pickleball Clinics are held on a regular basis and the front desk maintains a waiting list of names of those who are interested.

Private Lessons

SJTA employs Tennis Canada certified coaches who provide one-on-one and small group training (maximum of 4 people). Lessons are arranged directly with the coaches. A list of our coaches, including their rates and contact information, is posted on our website.

Other Services

Ball Machine

An effective way to improve tennis skills without a coach or partner. Book an hour on any day, at any time.

Retail Services

SJTA sells tennis balls, over-grips and dampeners and offers cost-competitive racquet restringing.