

St. John's Tennis Association

ADULT PROGRAMS INFORMATION GUIDE

September 2021 - June 2022



Fall term: September 13 - December 17 (14 weeks)

Winter term: January 3 - April 14 (15 weeks)

Spring Term: April 25 - June 17 (8 weeks)

For additional information, visit

www.sjta.ca

Term Programs

Absolute Beginner Lessons

Designed for adults who have never played tennis, the Absolute Beginner class will teach the basics using Tennis Canada's progressive tennis model. Progressive Tennis introduces the sport in a way that ensures immediate success for new players. Using modified tennis balls, players are properly equipped to quickly enjoy rallies and learn the fundamentals of the game.

Beginner Lessons

This program will help participants further develop the fundamentals and gain the confidence to play games and matches. Each lesson will consist of progressive tennis fundamentals, followed by game practice where players will put those fundamentals to work while learning to play and score.

Intermediate Lessons

This program works on tennis fundamentals and tactical development. Participants should have solid rally skills and understand basic tactical strategies to allow the development of more advanced technical skills and in-depth knowledge of variables which go into shot selection and game strategy.

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

If you'd like more information or are interested in participating in our doubles 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.

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 has six pickleball courts available. Courts can be booked on-line, by telephone or in-person at the club. 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 uses 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.