

# **St. John's Tennis Association**

## **ADULT PROGRAMS INFORMATION GUIDE**

**September 2022 - June 2023**



**Fall term: September 12 - December 18 (14 weeks)**

**Winter term: January 9 - March 26 (11 weeks)**

**Spring Term: April 3 - June 18 (11 weeks)**

**For additional information, visit**

**[www.sjta.ca](http://www.sjta.ca)**

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## Term Programs

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### **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.

**Visit our [REGISTER NOW](#) website page for additional program details (days, times, start/end dates and fees).**

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## Tennis Leagues

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### 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.

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## Tennis Ladders

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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.

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## Pickleball

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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.

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## Tennis Private Lessons

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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.

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## Other Tennis Services

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### **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.