

**ADULT PROGRAMS**  
**INFORMATION GUIDE**  
**SEPTEMBER 2018 – JUNE 2019**



**SESSION 1:** (FALL) September 10 – December 16, 2018 (14 weeks)

**SESSION 2:** (WINTER) January 7 – March 23, 2019 (11 weeks)

**SESSION 3:** (SPRING) April 1 – June 23, 2019 (12 weeks)

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

**722-3840**

# PROGRAM OVERVIEW

St. John's Tennis Association caters to the recreational tennis player and prides itself on offering the best developmental tennis programs in Atlantic Canada. Whether you have played the game before, or are playing for fun, we have the program to suit your needs.

As the only indoor tennis facility in Newfoundland, we offer quality programs based on Tennis Canada curriculum delivered by Nationally trained coaches certified by Tennis Canada and the Tennis Professionals Association.

## ADULT PROGRAMMING OVERVIEW

Whether you are looking for some exercise, wanting to learn the sport, or take your game to new heights, we have a program to suit those needs.

We are committed to providing our adult tennis population a wide array of programming and drill groups to help you sharpen your game, or to simply learn the fundamentals of beginner tennis.

Those just beginning to play the game can expect to learn based on the concepts of serving, rallying and scoring. These are the keys to starting to have fun and play the game in a singles and doubles format.

For intermediate players, the focus will be on basic tactics in a more game-based approach. Hence, helping you improve your decision-making skills based on the five game situations.

## PROGRAM POLICIES AND INFORMATION

- **Single class “drop-in” registration is not permitted. You must register for the full program.**
- All programs are subject to HST.
- Some programs may be cancelled due to insufficient registrants. St. John's Tennis Association monitors registration levels prior to the start of programs to ensure quality programs are offered. A great course could be cancelled if there are not enough registrants. Register early to avoid program cancellations. In the event of a program cancellation, participants will be offered an alternate program, or a full refund.
- Participants should wear appropriate attire, including shorts/track pants, t-shirts and non-marking tennis shoes.
- Level-placement – For your enjoyment and appropriate skill development, we reserve the right to withdraw anyone in a class that may not be at the appropriate level. We will make every effort to place them in a program suitable to their age and skill level whenever possible.
- Classes will not run on club posted Holidays. These will be announced at the beginning of each term and prices will reflect missed classes. Any classes missed for unexpected closures (ex:

snow days) will be rescheduled. Classes missed by individual players will not be offered as a make up.

- Cancellation notice must be received a minimum of 14 days prior to the first day of program/camp to qualify for a refund. Refund will be processed for the full amount of the fee paid, less an administrative charge (10% of the program fee, max \$50). Any cancellations received within 14 days of the program/camp start date will not receive a refund.
- Payment is due in full at time of registration (unless pre-authorized payments are available). Players may not attend classes unless registration and payment are completed. Accepted forms of payment: Visa, Master Card, American Express, debit cards and cash. The charge for declined non-negotiable payment is \$20 plus tax.
- Credits may be issued in the case of a significant injury with a Doctor's note, and subject to the discretion of the General Manager.

## **COACHES**

### **MIKE MEANEY - HEAD PRO**

Over his 30 years in sport, he has been involved in tennis in a number of capacities. As a player, Mike has competed at the Atlantic and National level and was a member of the Team NL Canada Games team in 1989, so he know what it takes to be a high level, competitive player.

Over the course of his coaching career, Mike has coached 4 Top-5 ranked National players including the 1996 Junior U16 Champion.

He is currently working as Green Belt Tennis Club's Head pro, and has previously worked with Tennis Saskatchewan and the Lakeshore Tennis Club in Regina. Mike has also served as Head Coach for 3 Canada Games Teams, including the 2017 squad that competed in Manitoba.

### **DENNIS KEAVENEY – DIRECTOR OF ADULT PROGRAMMING**

Dennis is a passionate coach, bringing a wide array of experience to us in Newfoundland.

Although he is young, the Truro, NS native has experience as a Head Coach at the Riverdale Club in St. John's, the Truro Tennis Club and with Tennis Moncton. He also spent some time after graduation as the Technical Director in PEI.

A Tennis Canada Club Pro 1, he brings his own playing experience to the court and plans challenging and progressive lessons for all his players, no matter their skill level.

# **REGISTERED PROGRAMS**

## **ADULT BEGINNER LESSON & PLAY**

This is the first step toward learning the fundamentals of the sport through a lesson and league structured environment. The lesson will be comprised of one hour of progressive tennis fundamentals and 30 minutes of learning to play in games. The goal by week 8 is to have participants split the lessons into 45 minutes of drills and 45 minutes of game play.

Most adults learn tennis because they want to have a sport to keep fit and active. The sooner participants realize success in a structured league and lesson format, the more likely they are to become a frequent player by moving into the more advanced singles and doubles leagues.

### **PROGRAM TIMES**

Mondays – 7:00 – 8:30 pm

Wednesdays – 7:00 – 8:30 pm

Session	Fall	Winter	Spring
Monday Class	\$315.00 (14 Weeks)	\$245 (11 Weeks)	\$250.00 (11 Weeks)
Wednesday Class			\$270 (12 Weeks)
*Individual adult players who register in a second class will receive a 15% discount on the second class.			

## **ADULT BEGINNER 2.0**

The second step in our beginner program. This is a program for those who have developed basic skills and will continue working on refining what they have learned in previous programs.

### **PROGRAM TIME**

Thursdays – 6:30 – 8:00 pm

Session	Fall	Winter	Spring
			\$270.00 (12 Weeks)
*Individual adult players who register in a second class will receive a 15% discount on the second class.			

## ADULT INTERMEDIATE TRAINING

In this program, players will have already developed rally skills and understand the basics of singles and doubles. This training will enhance your tennis IQ by learning how to anticipate play based on variables such as, strength of shot, your position on the court, your opponent's position on the court, and the type of ball received.

Further development of your decision-making skills will help you to understand how to play better percentage tennis. This is a must-do program for those wanting to move their games up the depth chart.

### PROGRAM TIME

Tuesdays – 7:00 – 8:30 pm

Session	Fall	Winter	Spring
	\$315.00 (14 Weeks)	\$245.00 (11 Weeks)	\$270.00 (12 Weeks)
*Individual adult players who register in a second class will receive a 15% discount on the second class.			

## CARDIO TENNIS

Do you love to challenge yourself and get an amazing workout in? Look no further to this upbeat program where the coach will motivate you to keep working hard for the entire hour. It will allow you to practice your favourite shots, in between ladder drills, medicine ball strength training and more. You get a full body workout with the emphasis on developing a high level of endurance through this tennis boot-camp. Get playing and get fit!

### PROGRAM TIME

Thursdays – 7:00 – 8:00 pm

Session	Fall	Winter	Spring
	\$225.00 (14 Weeks)	\$175.00 (11 Weeks)	\$190.00 (12 Weeks)
*Individual adult players who register in a second class will receive a 15% discount on the second class.			

## **DROP-IN PROGRAMS**

### **SHOT OF THE WEEK**

Each week, players learn a new skill or shot that will help them improve their games. “Shot of the Week” training includes drills and analysis from coach, Dennis Keaveney.

- Monday: 12:00-1:00pm
    - \$15.00 (+tax) per session
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### **Doubles Tactics**

This clinic is designed to help you add simple, effective tactics to your game to help players handle anything that they are faced with on court. We focus on situations that occur in commonly in club level doubles and will help players compete at your highest possible level. Players will receive video analysis of their strokes and decision making, as well as written descriptions of each week’s drills and topics covered.

- Tuesday: 12:00-1:00pm
    - \$15.00 (+tax) per session
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## **LEAGUES**

### **Women’s League**

Our Women’s League is a combination of fun, learning, and competition. Coach Dennis Keaveney will set up matches and be on court to offer technical and tactical feedback to all players. This league will offer a combination of doubles and singles and is open to women of all levels.

- Wednesday: 6:00-7:00pm
  - \$10.00 (+tax) per session

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## **Intermediate/Advanced Singles League**

Intermediate and Advanced level players will enjoy this league as it offers a chance to play multiple players every week. Players will play a “Top-Of-The-Court” format where winning players will rotate towards the top court and losing players rotate down. This league will consist of a 10-minute group warm-up, followed by three rounds of mini-sets to 4 games. Rotations will be determined when the top court completes their match. 8 players will compete every week. Please contact Dennis Keaveney to be put on the weekly contact list.

- Thursday: 8:00-9:30
  - \$20.00 (+tax) per season, plus applicable court fees weekly

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## **Introductory League**

Players will learn the basics of scoring and strategy under coach Dennis Keaveney. Sessions will begin with a 15-minute physical and tennis specific warm up followed by a combination of singles and doubles matches. Instruction will be given throughout the session to help players gain a greater understanding of tennis.

- Sunday: 1:00-2:30pm
  - \$15.00 (+tax) per session

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## **Advanced Challenge League**

Players of a 4.0 level and above will play one-day team competitions. Teams will be drafted by Dennis Keaveney every Sunday at 2:30pm. Players will earn points for their teams in singles, doubles, and mixed doubles matches. The team with the most points at 4:30pm will be the winner. All players will be guaranteed a minimum of two sets every week. This is a fun way to gain match experience in a supportive, competitive environment!

- Sundays: 2:30 – 4:30
  - No session fees, but weekly applicable court fees apply