

SUMMER ADULT PROGRAM GUIDE 2019



Program Dates: July 2nd – August 30th, 2019
Programs **DO NOT** run on Canada Day (July 1st) or Regatta Day

www.sjta.ca

[722-3840](tel:722-3840)

ADULT 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.

We offer quality programs based on Tennis Canada curriculum delivered by Nationally-trained coaches certified by Tennis Canada and the Tennis Professionals Association.

Our Summer Programs are held primarily on our outdoor Riverdale courts, with weather sometimes bringing us back to our indoor facility at Greenbelt.

PROGRAM POLICIES AND INFORMATION

- 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 you in a program suitable to your 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 a 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.

COACH PROFILE

DENNIS KEAVENEY - DIRECTOR OF ADULT PROGRAMMING

Dennis Keaveney, our Director of Adult Programming, is a passionate coach who brings a wide array of experience to the SJTA.

A Tennis Canada Club Pro 1, Dennis 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 as the Technical Director of Tennis in PEI. Dennis Currently also coaches the Memorial University of Newfoundland Tennis Team.

Along with his coaching experience, Dennis has personally competed at some of the highest levels in tennis. Some of his achievements include:

- Canada Games Competitor
- 3 Time Tommy Williams Doubles Champion
- New Brunswick Open Double Champion
- East Coast Open Doubles Champion

Dennis brings his personal and professional experience to the court, planning challenging and progressive lessons for all players and skill levels.

LESSONS

Lessons at Riverdale are an excellent way for you to bring your level up a notch! We provide a fun, group training experience that can fit a variety of skill levels.

Beginner Lessons (Mondays, 6:00-7:30pm): This lesson is perfect for players who are in the 1.0-3.0 NTRP Player Rating range. This program will teach basic tactics, focus on improving technique, and introduce how to play the game of tennis. **(\$200+hst)**

Intermediate Lessons (Tuesdays, 6:00-7:30pm): This lesson is designed for people of a 3.0 NTRP Level or higher. This program will introduce more advanced tactics to help players in various situations. There will be less of an emphasis on technique and increased focus on positioning, ball placement, and situational awareness. **(\$200+hst)**

Cardio Tennis (Thursday, 6:00-7:00pm): Looking for a workout but don't want to run around Quidi Vidi again? Cardio Tennis is a high tempo, fun workout designed to get players moving and hitting balls. This program offers something beneficial for every level; from the total to beginner to the advanced league player. All participants will enjoy a new, varied workout every week that guarantees a high volume of balls being hit, movement exercises that will improve your footwork, and an upbeat atmosphere with challenging drills. **(\$145+hst)**

LEAGUES

Leagues are a fantastic way to meet new friends, learn how to play the game, or push your competitive boundaries. All leagues are organized by Dennis Keaveney and provide structured match play against a variety of opponents. Drop-in Leagues cost \$15.00+tax/session. Please contact Dennis at keaveneydennis@gmail.com to register your intent for each league or if you have any questions.

4.0+ Advanced League (Mondays, 7:30-9:00pm): This league is perfect for players who frequently compete in the Open Level of tournaments, play on the Memorial University Tennis Team, or have a 4.0+ NTRP Rating. There will be a combination of singles and doubles matches. This is a drop-in league and requires no early registration.

Introduction to Competing (Tuesdays, 7:30-8:30pm): This league is designed for players entering competitive tennis for the first time! Players will be paired up and play a combination of singles and doubles matches. Dennis Keaveney will be on site to offer tips, run a group warm-up, and arrange matches. Players should be able to consistently keep the ball in play and should be between a 1.5 and a 3.0 skill level. This is a drop-in league and requires no early registration.

Women's League (Wednesday, 6:00-7:30pm): Women's League is designed for women of all levels to play in a fun, structured environment. All players will receive instruction throughout and will be matched up with various partners. This is a drop-in league and requires no early registration.

Intermediate Singles League (Thursday, 7:00-8:30pm): The Intermediate League is perfect for competitive players (3.0-4.0 NTRP Level) looking to challenge themselves against a variety of opponents! This league takes 8 players every week and uses an "up-and-down" format, all players are guaranteed 2-3 sets per week. This league takes the first 8 to register each week; an email will be sent out to all players by Tuesday, the first 8 to respond will be invited to compete. This is a drop-in league and requires no early registration.

DROP-IN LESSONS

If you travel, have a changing schedule, or just want the occasional tennis pick-me up, our drop-in programs are great for you! All programs are \$15.00+tax/session and are pay-as-you-go.

Shot of the Week (Mondays, 12:00-1:00pm): Drill those skills! Shot of the week clinics focus on a particular skill or set of skills in a lesson/match hybrid environment. This is a great way to train new shots or tactics in a small group environment.

Advanced Doubles Tactics (Thursdays, 5:00-6:00pm): Time to pair-up! Looking for more experience playing doubles? This is a great way to learn from an experienced doubles coach and player the tips and tricks to develop your doubles game. A doubles partner is not required.