

ADULT PROGRAMS
INFORMATION GUIDE
SEPTEMBER 2019 – JUNE 2020



SESSION 1: (FALL) September 9 – December 13th, 2019 (14 weeks)

SESSION 2: (WINTER) January 6 – March 27th , 2020 (12 weeks)

SESSION 3: (SPRING) April 6th – June 19th, 2020 (11 weeks)

www.sjta.ca

PROGRAM OVERVIEW

Green Belt 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 NCCP program.

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 as these are the keys to starting to have fun and play the game in a singles and doubles format.

For more experienced 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. ***
- Member pricing refers to those who hold a current membership, not including 30 for 30 or other promotional memberships.
- Individuals signing up for more than one class will receive a 15% discount on their second class.
- Some programs may be cancelled due to insufficient registrants. Green Belt Tennis Club 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 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.



JACK HURLEY – TENNIS COACH

Jack is a former teacher from St. Bon's and Gonzaga High School with a B. Ed and M. Ed in Guidance.

Jack has an extensive coaching background, coaching basketball, hockey, baseball and now his attention is focused on tennis. He has been the head coach at Greenbelt, Mount Pearl, Riverdale and Gander Tennis Club. He was the ED and TD for TNL. Jack coached Canada Games in 1997 where they finished 5th and in 2005 where they finished 7th.

Jack was inducted into the Hall of Fame as a builder of tennis in 2013.

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 and score in game play. 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, so the sooner participants have success in a structured league and lesson format, the more likely the player is to become an active player by moving into the more advanced singles and doubles leagues.

Monday and Wednesday lessons will be run by Coach Dennis Keaveney, while Thursday lessons are run by Coach Jack Hurley.

PROGRAM TIMES

Mondays – 7:00 – 8:30 pm

Wednesdays – 7:00 – 8:30 pm

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$325	\$345	\$257	\$274	\$284	\$302

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

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$325	\$345	\$257	\$274	\$284	\$302

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

Not Offered This Term

Fall (14 Weeks)		Winter (11 Weeks)		Spring (12 Weeks)	
Member	Non-Member	Member	Non-Member	Member	Non-Member
\$235	\$245	\$184	\$196	\$200	\$213

LEAGUES: (Prices TBA)

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

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

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

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