

**St. John's Tennis Association  
ADULT PROGRAMS 2020-2021 INDOOR SEASON**

**INFORMATION GUIDE  
September 2020 – June 2021**



**FALL TERM – September 14<sup>th</sup> – December 20<sup>th</sup> (14 weeks)**

**WINTER TERM – January 4<sup>th</sup> – March 28<sup>th</sup> (12 weeks)**

**SPRING TERM – April 5<sup>th</sup> – June 20<sup>th</sup> (11 weeks)**

SJTA strives to offer dynamic, responsive programs to meet the needs of our adult members and guests. From lessons, leagues, and socials to Cardio tennis, our offerings are always evolving depending on numbers of registrants, and great ideas.

Follow us on Facebook or Twitter, in combination with our email updates, to stay up-to-date on our programs.

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

# LESSONS

## **NEW PROGRAM**

### **R.O.G. - FAST START ADULT TENNIS**

So, you are an absolute beginner! Maybe the knees aren't what they used to be. Maybe you've wondered what to do now that you are retired or about to. Even Adult Beginner Lessons seem a bit intimidating!! If you've ever wanted to learn tennis in a fast, fun, and enjoyable way, this new R.O.G. program is the answer. Don't miss out.

Let **R.O.G.** take you from enthusiastic (and maybe a bit nervous) first-timer to "I've got this!"

**Red, Orange, Green** – Fast Start Adult Tennis is a systematic, progressive teaching method that follows our junior development curriculum. Modified equipment including slower (and bigger) balls, lower nets and smaller courts allows new players to develop a foundation of the basic skills and body positioning at a comfortable pace (and no balls whistling by your head). You learn the basic strokes, footwork, grips, rules, and scoring – you will **LOVE** that. (Sorry, couldn't help myself!)

A few weeks into the R.O.G. program, players will progress from Red – really slow - balls to Orange balls, which are a little faster but still much slower than regular balls. Players will finish the program using Green balls, which are the last step before using a regular tennis ball.

Our hope is that when you finish, we will have you hooked on tennis and come to see it as we do – a game for life.

**PROGRAM TIME:** Monday (7:00-8:30pm)

| Fall (14 Weeks) |            | Winter (12 weeks) |            | Spring (11 Weeks) |            |
|-----------------|------------|-------------------|------------|-------------------|------------|
| Member          | Non-Member | Member            | Non-Member | Member            | Non-Member |
| \$345           | \$367      | \$300             | \$318      | \$275             | \$292      |

## ADULT BEGINNER LESSON & PLAY

Tennis has never been more popular in Newfoundland and Canada. You have been threatening to this to yourself for years – “I’m going to take tennis lessons!” You feel confident you can play, if only you had the right guidance at the start.

Start your tennis journey the right way. Register for SJTA’s Adult Beginner Lesson & Play program. This program will help you learn the fundamentals and gain the confidence to play games and matches.

Initially, each lesson will consist of one hour of progressive tennis fundamentals, followed by 30 minutes of game practice where you will put those fundamentals to work while learning to play and score. Our goal is to have the group participants splitting the time equally between practicing and playing matches by week 8.

What other goals do you have for yourself? Get more active, meet new friends, stay fit while playing a sport, find an activity the whole family can enjoy? Tennis checks all those boxes. Check us out!

**PROGRAM TIME:** Wednesday (7:00 - 8:30pm)

| Fall (14 Weeks) |            | Winter (12 weeks) |            | Spring (11 Weeks) |            |
|-----------------|------------|-------------------|------------|-------------------|------------|
| Member          | Non-Member | Member            | Non-Member | Member            | Non-Member |
| \$345           | \$367      | \$300             | \$318      | \$275             | \$292      |

## ADULT INTERMEDIATE TRAINING

Is your game getting a little stale and you want to make better decisions on the court? This is the program for you as the focus is on tactical development and making decisions that give you better percentages of making winning shots when playing matches.

If you already have solid rally skills and understand the basic strategies of learning how to use your strength to attack the opponent’s weakness, this program builds on that. We will help you develop a broader understanding of what variables go into shot selection, and a variety of ways to construct points.

**PROGRAM TIME:** Tuesday (7:00 - 8:30pm)

| Fall (14 Weeks) |            | Winter (12 weeks) |            | Spring (11 Weeks) |            |
|-----------------|------------|-------------------|------------|-------------------|------------|
| Member          | Non-Member | Member            | Non-Member | Member            | Non-Member |
| \$345           | \$367      | \$300             | \$318      | \$275             | \$292      |

# PROGRAMS

## CARDIO TENNIS

Your entire body will get a workout with an emphasis on developing a higher level of endurance through a tennis bootcamp we like to call **Cardio Tennis**.

This class, which combines tennis drills with off-court fitness routines, will leave you invigorated after working hard on the tennis court. You can practice your favourite tennis shots while getting the workout you crave. Register early as this class fills up quickly.

**PROGRAM TIME:** Thursday (7:00 - 8:00pm)

| Fall (14 Weeks) |            | Winter (12 weeks) |            | Spring (11 Weeks) |            |
|-----------------|------------|-------------------|------------|-------------------|------------|
| Member          | Non-Member | Member            | Non-Member | Member            | Non-Member |
| \$248           | \$262      | \$210             | \$223      | \$195             | \$207      |

## LEAGUES

**If you are interested in participating in one of our leagues, contact the Front Desk at 722-3840. We will take your contact information and pass it on to the organizers.**

### WOMEN'S LEAGUE

This league is all about Fun, Learning and Competition all at the same time. One of our Tennis professionals will organize matches on court, while offering advice on strategies and tactics while playing single and doubles.

Wednesday (6:00 - 7:00pm)

### INTERMEDIATE / ADVANCED SINGLES LEAGUE

Each week players will be contacted to play in an up-and-down style league, where the winners will move up a court, and the losing players will move down once the first group of players finish their short set to 4. Three rotations will typically occur during the time frame allotted for the league. It is open to 8 players each week. Don't be disappointed and reply quickly when you get that email to ensure your spot.

Thursday (8:00 - 9:30pm)