



BTC is proud to be offering the following clinics! Information is also posted on our website under 'Clinics'

~~~~Min of 4 registrants and max 6 per session, NO REFUNDS~~~~

Please refer to attached self rating guide to determine level or contact a coach for approval, Glenn Richards glennrichardstennis@hotmail.com

65+ Skills and Drills

As we slowly age, our shot selection begins to change. Learn what best suits your game style, and how you can maximize your ability.

When: Mondays, October 7, 14, 21, 28
Wednesdays, October 2, 9, 16, 23, 30
Time: 10am – 11am
Cost: \$20 / Members per class
\$25 / Non-members per class

Hit and Fit Clinic (15+ years)

This is a high intensity class which focuses on improving technique and footwork, while getting fit. Emphasis is on movement and court coverage, with many different play situations. Prepare to hit 100's of balls and leave feeling great.

When: Fridays, October 4, 11, 18, 25
Time: 10am – 11am (2.5 - 3.5 Level- see rating guide)
11am – 12pm (Level 4.0 +)
Cost: \$20 / Members per class
\$25 / Non-members per class

Serve and Return Clinic (15+ years)

Most points are decided by the serves and the returns of players. Improve your consistency, precision, and power in this class.

When: Mondays, October 7, 14, 21, 28
Time: 7pm – 8pm (2.5 - 3.5 Level- see rating guide)
8pm – 9pm (Level 4.0 +)

Cost: \$20 / Members per class
\$25 / Non-members per class

Net Play Clinic (15+ years)

Great for the singles or doubles player. This clinic focuses on transitioning you from the baseline to the net with plenty of volley repetitions.

When: Wednesdays, October 2, 9, 16, 23, 30
Time: 7pm – 8pm (2.5 - 3.5 Level- see rating guide)
8pm – 9pm (Level 4.0 +)

Cost: \$20 / Members per class
\$25 / Non-members per class

*****NEW CLINICS!*****

Please refer to attached self rating guide for your level and contact Jack Pei Xiao (Cell: 778-885-7028) for Evaluation. ANYONE who would like to register for Adult Clinics MUST BE evaluated to ensure same playing level.

Summer Special: Free Evaluations Session for everyone before September 15th

Self Rating Guide- Tennis Canada

<https://www.tenniscanada.com/wp-content/uploads/2015/12/Self-Rating-Guide-English.pdf>

Tennis 1.0 F.A.S.T Clinic (15+ years old, min 6 registrants, max 8)

Our Fun Adult Starter Tennis clinic introduces the basic fundamentals of play as well as rules and scoring, to get you to serve, rally and score. We use a new system of learning through progressions so tennis is easier and not as frustrating to learn. Student/Coach ratio: 1:8 **(5 classes - 7.5 hours)**

Session 1

When: Thursdays, October 10 – November 7

Time: 6:00 – 7:30pm

Session 2

When: Thursdays, November 14 – December 12

Time: 6:00 – 7:30pm

Cost: \$150 / Members per session
\$165 / Non-members per session

Tennis 2.0 Clinic (15+ years)

Our 2.0 clinics will teach one to initiate points with consistent serves & returns; improve consistency in a rally using both forehand & backhand sides with improved fundamentals and techniques. In addition, we will introduce consistent volley skills. We will use both “Green Dot” balls as well as regular tennis balls. Student/Coach ratio: 1:6, min 4 registrants. **(5 classes - 7.5 hours)**

Session 1

When: Thursdays, October 10 – November 7

Time: 7:30 - 9:00pm

Session 2

When: Thursdays, November 14 – December 12

Time: 7:30 – 9:00pm

Cost: \$150 / Members per session
\$180 / Non-members per session

Tennis 2.0 Fun Play (15+ years old)

Our 2.0 clinics will teach one to initiate points with consistent serves & returns; improve consistency in a rally using both forehand & backhand sides with improved fundamentals and techniques. In addition, we will introduce consistent volley skills. We will use both “Green Dot” balls as well as regular tennis balls. Student/Coach ratio: 1:6, min 4 registrants. **(5 classes - 7.5 hours)**

Session 1

When: Thursdays, October 10 – November 7

Time: 9:00-10:30pm

Session 2

When: Thursdays, November 14 – December 12
Time: 9:00-10:30pm

Cost: \$135 / Members per session
\$165 / Non-members per session

Tennis 2.5 Clinics (15+ years old)

Our 2.5 will teach one to initiate a point by directing the serve to the FH or BH side of an opponent; maintain a consistent rally with improved reception of wider, higher/deeper, and lower/shorter balls; when at net, receive volleys at different heights, and maintain a consistent exchange. Student/Coach ratio: 1:6, min 4 registrants. *(5 classes - 7.5 hours)*

Session 1

When: Fridays, October 11 – November 8
Time: 5:00 - 6:30pm

Session 2

When: Fridays, November 15 – December 13
Time: 5:00 - 6:30pm

Cost: \$150 / Members per session
\$180 / Non-members per session

Tennis 2.5 Practice and Play (15+ years old)

A session combining some time of practice and drilling, and some coach-supervised play time (doubles). Directly apply what you're practicing in the same session. Student/Coach ratio: 1:6, min 4 registrants. *(5 classes - 7.5 hours)*

Session 1

When: Fridays, October 11 – November 8
Time: 6:30 – 8:00pm

Session 2

When: Fridays, November 15 – December 13
Time: 6:30 – 8:00pm

Cost: \$135 / Members per session
\$165 / Non-members per session

Tennis 3.0 Clinics (15+ years old)

Our 3.0 clinics will teach one to win singles and doubles points by using spin to control the arc of the ball; start points by serving to an opponent's weak side and return with a variety of placements (crosscourt, line, lob); maintain a crosscourt exchange by sending and receiving balls with topspin. At net, pressure opponents with direction and respond to lobs with an overhead. We will also introduce consistent slice skills. Student/Coach ratio: 1:6, min 4 registrants. *(5 classes - 7.5 hours)*

Session 1

When: Fridays, October 11 – November 8
Time: 8:00 – 9:30pm

Session 2

When: Fridays, November 15 – December 13
Time: 8:00 – 9:30pm

Cost: \$150 / Members per session
\$180 / Non-members per session

Tennis 3.0 Practice and Play (15+ years old)

A session combining some time of practice and drilling, and some coach-supervised play time (doubles). Directly apply what you're practicing in the same session. Student/Coach ratio: 1:6, min 4 registrants. *(5 classes - 7.5 hours)*

Session 1

When: Fridays, October 11 – November 8
Time: 9:30 – 11:00pm

Session 2

When: Fridays, November 15 – December 13
Time: 9:30 – 11:00pm

Cost: \$135 / Members per session
\$165 / Non-members per session

Tennis 3.5 Clinics (15+ years old)

Our 3.5 clinics will teach one to win points in singles and doubles by starting each point in control with effective (speed or angle) serves & returns; push opponents back in a rally with steady-paced, deep balls and also learning to move to the net. We will learn more effective ways to place shots to the other courts from various positions. (from baseline, mid-court, and net zones). Student/Coach ratio: 1:6, min 4 registrants. **(5 classes - 7.5 hours)**

Session 1

When: Wednesdays, October 9 – November 6
Time: 5:30 – 7:00pm

Session 2

When: Wednesdays, November 13 – December 18
Time: 5:30 – 7:00pm

Cost: \$150 / Members per session
\$180 / Non-members per session

Tennis 4.0 Clinics (15+ years old)

Our 3.5 clinics will teach one to win points in singles and doubles by starting each point in control with effective (speed or angle) serves & returns; push opponents back in a rally with steady-paced, deep balls and also learning to move to the net. We will learn more effective ways to place shots to the other courts from various positions. (from baseline, mid-court, and net zones). Student/Coach ratio: 1:6, min 4 registrants. **(5 classes - 7.5 hours)**

Session 1

When: Mondays, October 7 – November 4
Time: 5:30 – 7:00pm

Session 2

When: Mondays, November 11 – December 16

Time: 5:30 – 7:00pm

Cost: \$150 / Members per session

\$180 / Non-members per session

Customized Tennis Training

Arrange 4-6 players yourself and find a weekly time slot and off we go! You all choose what you prefer to work on and our coaching staff will be ready.

Email Glenn Richards glennrichardstennis@hotmail.com or Jack Pei Xia pxiao1989@gmail.com directly to arrange!

Cost: \$20 / Member per class

\$25 / Non-member per class

To Register, members can log into their accounts. Non members, please email info@burnabytennis.ca or call the office at 604-291-0916.

REGISTRATION OPENS SATURDAY SEPTEMBER 7, 2019!

Self Rating Guide- Tennis Canada

<https://www.tenniscanada.com/wp-content/uploads/2015/12/Self-Rating-Guide-English.pdf>

****All prices include GST**