



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~~~~

Personal Evaluation

Are you thinking of joining a clinics but don't know your level? Are you trying to find players similar to your level but struggle to find some? Or do you just want to know your NTRP rating? BTC is proud to offer free evaluation (members) to help you to be on track to have more fun in tennis.

When: Saturdays, January 11, 18, 25
Time: 2:00 - 3:00pm
Cost: Free / Members
\$5 / Non-members

Hit and Fit Clinic

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, January 10, 17, 24, 31
Time: 11 – 12pm (Level 3.0+)
Cost: \$20 / Members per class
\$25 / Non-members per class

Net Play Clinic

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

When: Wednesdays, January 8, 15, 22, 29
Time: 6:00pm – 7:30pm (3.0 +)
Cost: \$30 / Members per class
\$40 / Non-members per class

NEW CLINICS!!

Please refer to attached self rating guide to determine level or contact a coach for approval

Tennis 1.0 F.A.S.T Clinic (15+ years old)

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

When: Thursdays, January 9, 16, 23, 30 (4 sessions)

Time: 7:30 - 9pm

Cost: \$120 / Members per session
\$135 / Non-members per session

Tennis 2.0 Clinic (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

When: Thursdays, January 9, 16, 23, 30 (4 sessions)

Time: 6:00 – 7:30pm

Cost: \$120 / Members per session
\$144 / 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

When: Fridays, January 10, 17, 24, 31 (4 Sessions)

Time: 6 - 7:30pm

Cost: \$120 / Members per session
\$144 / 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

When: Fridays, January 10, 17, 24, 31 (4 Sessions)

Time: 7:30 - 9pm

Cost: \$120 / Members per session
\$144 / 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

When: Wednesdays, January 8, 15, 22, 29, (4 Sessions)

Time: 7:30 – 9:00 pm

Cost: \$120 / Members per session
\$144 / 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 directly to arrange! glennrichardstennis@hotmail.com

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