

People's Courts



Tennis Academy

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Play Tennis Program 2010 /11



Program	Age	Max Player	Weekdays	Saturdays	Hr/W	12 Weeks	Hr/W	12 Weeks
PTTT	4-7	8	4pm - 8pm	9am -4pm	1	\$192	2	\$360
PTJE	8-11	6	4pm - 8pm	9am -4pm	1	\$192	2	\$360
PTJN	12-17	6	4pm - 8pm	9am -4pm	1	\$192	2	\$360

- Weekdays Classes are scheduled between 4pm to 8pm,
- Saturday classes between 9am to 4 pm

New

Sunday Classes: from 10am to 2pm.

TOTS PROGRAM DESCRIPTION (PTTT)

- The goal of the program is to create a desire and a passion for the game as well as participating in physical activities.
- The program aims at general development of young players according to Tennis Canada guidelines.
- This program includes Beginner (PTTT), Intermediate (PTTT-I) and Advanced (PTTT-A). Admission to each level is based on assessment or evaluation results

JUNIOR ENTRY (PTJE) & NOVICE PROGRAMS (PTJN) DESCRIPTION

- The goal of the program is to create a desire and a passion for the game as well as participating in physical activities.
- The program aims at general development of young players for recreational level, according to Tennis Canada guidelines.
- Overall physical, mental, cognitive, and emotional development.
- PTJE program includes Beginner (PTJE), Intermediate (PTJE-I) and Advanced (PTJE-A). PTJN program only includes Beginners (PTJN) and Advanced (PTJN-A) level. Admission to each level is based on assessment or evaluation results

	Technical	Tactical	Physical	Mental	General
Tots 1/2-Court	<ul style="list-style-type: none"> • Introduction of basic strokes • Development of eye hand coordination • Introduction of basic tennis movements 	<ul style="list-style-type: none"> • Introduction of basic rules and ethics 	<ul style="list-style-type: none"> • FUNdamentals Movement Skills: (Running, Jumping, Throwing, Catching) 	<ul style="list-style-type: none"> • Increasing focus and motivation 	<ul style="list-style-type: none"> • Mutual respect • Sportsmanship • Teamwork
Junior Entry 3/4-Court & Novice Full-Court	<ul style="list-style-type: none"> • Introduction of basic strokes • Introduction of basic footwork patterns • Introduction of serve and return 	<ul style="list-style-type: none"> • Introduction of rules and ethics 	<ul style="list-style-type: none"> • ABC: (Agility, Balance, Coordination) • Speed 	<ul style="list-style-type: none"> • Increasing focus and motivation • Creating and maintaining a positive body language 	<ul style="list-style-type: none"> • Mutual respect • Sportsmanship • Teamwork

