

INSTANT TENNIS 1.0 - 1.5

FIT Factor = 1

Category: Adult **Desired Outcome:** Learn and Improve **Weeks:** 4

DESCRIPTION: Instant Tennis is a program designed for adult players just starting out. Basic techniques of ground strokes, serve and return, volleying and tactics along with positioning, scoring and tennis etiquette will be taught. You will also receive a FREE tennis racquet.

FALL 2009 (Fees: Member > \$110 • Non-Member > \$130 • Flat Rate > \$90)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-100	Monday	12:00 - 1:30 pm	Sept 21	Oct 19	Oct 12	18
09-F-101	Monday	12:00 - 1:30 pm	Oct 26	Nov 16	-	18
09-F-102	Monday	12:00 - 1:30 pm	Nov 23	Dec 14	-	18

FALL 2009 (Fees: Member > \$125 • Non-Member > \$150 • Flat Rate > \$90)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-103	Monday	7:00 - 8:30 pm	Sept 21	Oct 19	Oct 12	18
09-F-104	Monday	7:00 - 8:30 pm	Oct 26	Nov 16	N/A	18
09-F-105	Monday	7:00 - 8:30 pm	Nov 23	Dec 14	N/A	18
09-F-106	Saturday	12:00 - 1:30 pm	Sept 26	Oct 17	N/A	18
09-F-107	Saturday	12:00 - 1:30 pm	Oct 24	Nov 14	N/A	18
09-F-108	Saturday	12:00 - 1:30 pm	Nov 21	Dec 12	N/A	18

WINTER /SPRING 2010 (Fees: Member > \$110 • Non-Member > \$130 • Flat Rate > \$90)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-100	Monday	12:00 - 1:30 pm	Jan 4	Jan 25	N/A	18
10-W-101	Monday	12:00 - 1:30 pm	Feb 1	March 1	Feb 15	18
10-S-102	Monday	12:00 - 1:30 pm	March 8	April 12	Mar 15, Apr 5	18

WINTER/SPRING 2010 (Fees: Member > \$125 • Non-Member > \$150 • Flat Rate > \$90)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-103	Monday	7:00 - 8:30 pm	Jan 4	Jan 25	N/A	18
10-W-104	Monday	7:00 - 8:30 pm	Feb 1	March 1	Feb 15	18
10-S-105	Monday	7:00 - 8:30 pm	March 8	April 12	Mar 15, Apr 5	18
10-W-106	Saturday	12:00 - 1:30 pm	Jan 9	Jan 30	N/A	18
10-W-107	Saturday	12:00 - 1:30 pm	Feb 6	Feb 27	N/A	18
10-S-108	Saturday	12:00 - 1:30 pm	March 6	April 3	March 20	18

STROKE OF THE WEEK 2.0 - 3.0

FIT Factor = 2

Category: Adult **Desired Outcome:** Learn and Improve **Weeks:** 4

DESCRIPTION: Each week will cover a different stroke: forehand, backhand, serve and return and volleying.

FALL 2009 (Fees: Member > \$70 • Non-Member > \$95 • Flat Rate > \$60)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-109	Tuesday	1:00 - 2:00 pm	Sept 29	Oct 20	N/A	18
09-F-110	Tuesday	1:00 - 2:00 pm	Oct 27	Nov 17	N/A	18
09-F-111	Tuesday	1:00 - 2:00 pm	Nov 24	Dec 15	N/A	18

FALL 2009 (Fees: Member > \$85 • Non-Member > \$110 • Flat Rate > \$60)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-112	Tuesday	7:00 - 8:00 pm	Sept 29	Oct 20	N/A	18
09-F-113	Tuesday	7:00 - 8:00 pm	Oct 27	Nov 17	N/A	18
09-F-114	Tuesday	7:00 - 8:00 pm	Nov 24	Dec 15	N/A	18
09-F-115	Saturday	1:30 - 2:30 pm	Sept 26	Oct 17	N/A	18
09-F-116	Saturday	1:30 - 2:30 pm	Oct 24	Nov 14	N/A	18
09-F-117	Saturday	1:30 - 2:30 pm	Nov 21	Dec 12	N/A	18

Dates and fees subject to change.

STROKE OF THE WEEK 2.0 - 3.0 (cont.)

WINTER/SPRING 2010 (Fees: Member > \$70 • Non-Member > \$95 • Flat Rate > \$60)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-109	Tuesday	1:00 - 2:00 pm	Jan 5	Jan 26	N/A	18
10-W-110	Tuesday	1:00 - 2:00 pm	Feb 2	Feb 23	N/A	18
10-S-111	Tuesday	1:00 - 2:00 pm	March 2	March 30	March 16	18
10-S-112	Tuesday	1:00 - 2:00 pm	April 6	April 27	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$85 • Non-Member > \$110 • Flat Rate > \$60)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-113	Tuesday	7:00 - 8:00 pm	Jan 5	Jan 26	N/A	18
10-W-114	Tuesday	7:00 - 8:00 pm	Feb 2	Feb 23	N/A	18
10-S-115	Tuesday	7:00 - 8:00 pm	March 2	March 30	March 16	18
10-S-116	Tuesday	7:00 - 8:00 pm	April 6	April 27	N/A	18
10-W-117	Saturday	1:30 - 2:30 pm	Jan 9	Jan 30	N/A	18
10-W-118	Saturday	1:30 - 2:30 pm	Feb 6	Feb 27	N/A	18
10-S-119	Saturday	1:30 - 2:30 pm	March 6	April 3	March 20	18

FEEDING FRENZY 2.5 - 4.0

FIT Factor = 4

Category: Adult

Desired Outcome: Learn and Improve

Weeks: 4

DESCRIPTION: Feeding Frenzy is a high tempo drilling and shot repetition program designed to improve your cardio, and explosive movement around the court.

FALL 2009 (Fees: Member > \$80 • Non-Member > \$90 • Flat Rate > \$70)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-118	Wednesday	1:00 - 2:30 pm	Sept 23	Oct 14	N/A	18
09-F-119	Wednesday	1:00 - 2:30 pm	Oct 21	Nov 11	N/A	18
09-F-120	Wednesday	1:00 - 2:30 pm	Nov 18	Dec 9	N/A	18

FALL 2009 (Fees: Member > \$90 • Non-Member > \$110 • Flat Rate > \$70)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-121	Wednesday	7:00 - 8:30 pm	Sept 23	Oct 14	N/A	18
09-F-122	Wednesday	7:00 - 8:30 pm	Oct 21	Nov 11	N/A	18
09-F-123	Wednesday	7:00 - 8:30 pm	Nov 18	Dec 9	N/A	18
09-F-124	Saturday	10:30 - 12:00 pm	Sept 26	Oct 17	N/A	18
09-F-125	Saturday	10:30 - 12:00 pm	Oct 24	Nov 14	N/A	18
09-F-126	Saturday	10:30 - 12:00 pm	Nov 21	Dec 12	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$80 • Non-Member > \$90 • Flat Rate > \$70)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-120	Wednesday	1:00 - 2:30 pm	Jan 6	Jan 27	N/A	18
10-W-121	Wednesday	1:00 - 2:30 pm	Feb 3	Feb 24	N/A	18
10-S-122	Wednesday	1:00 - 2:30 pm	March 3	March 31	March 17	18
10-S-123	Wednesday	1:00 - 2:30 pm	April 7	April 28	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$90 • Non-Member > \$110 • Flat Rate > \$70)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-124	Wednesday	7:00 - 8:30 pm	Jan 6	Jan 27	N/A	18
10-W-125	Wednesday	7:00 - 8:30 pm	Feb 3	Feb 24	N/A	18
10-W-126	Wednesday	7:00 - 8:30 pm	March 3	March 31	March 17	18
10-S-127	Wednesday	7:00 - 8:30 pm	April 7	April 28	N/A	18
10-W-128	Saturday	10:30 - 12:00 pm	Jan 9	Jan 30	N/A	18
10-W-129	Saturday	10:30 - 12:00 pm	Feb 6	Feb 27	N/A	18
10-S-130	Saturday	10:30 - 12:00 pm	March 6	April 3	March 20	18

DOUBLES 2.5-3.5

FIT Factor = 3

Category: Adult **Desired Outcome:** Practice & Play **Weeks:** 4

DESCRIPTION: A pro supervised program where players develop an understanding of tactics (when to move, hit and recover) as well as strategic play (when to defend, attack, counter attack, force or rally) for doubles 2.5-3.5

FALL 2009 (Fees: Member > \$85 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-133	Tuesday	1:00 - 2:30 pm	Sept 22	Oct 13	N/A	18
09-F-134	Tuesday	1:00 - 2:30 pm	Oct 20	Nov 10	N/A	18
09-F-135	Tuesday	1:00 - 2:30 pm	Nov 17	Dec 8	N/A	18

FALL 2009 (Fees: Member > \$99 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-136	Tuesday	7:00 - 8:30 pm	Sept 22	Oct 13	N/A	18
09-F-137	Tuesday	7:00 - 8:30 pm	Oct 20	Nov 10	N/A	18
09-F-138	Tuesday	7:00 - 8:30 pm	Nov 17	Dec 8	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$85 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-137	Tuesday	1:00 - 2:30 pm	Jan 5	Jan 26	N/A	18
10-W-138	Tuesday	1:00 - 2:30 pm	Feb 2	Feb 23	N/A	18
10-S-139	Tuesday	1:00 - 2:30 pm	March 2	March 30	March 16	18
10-S-140	Tuesday	1:00 - 2:30 pm	April 6	April 27	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$99 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-141	Tuesday	7:00 - 8:30 pm	Jan 5	Jan 26	N/A	18
10-W-142	Tuesday	7:00 - 8:30 pm	Feb 2	Feb 23	N/A	18
10-S-143	Tuesday	7:00 - 8:30 pm	March 2	March 30	March 16	18
10-S-144	Tuesday	7:00 - 8:30 pm	April 6	April 27	N/A	18

DOUBLES 3.5+

FIT Factor = 3

Category: Adult **Desired Outcome:** Practice & Play **Weeks:** 4

DESCRIPTION: A pro supervised program where players develop an understanding of tactics (when to move, hit and recover) as well as strategic play (when to defend, attack, counter attack, force or rally) for doubles 3.5+

FALL 2009 (Fees: Member > \$85 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-139	Wednesday	1:00 - 2:30 pm	Sept 23	Oct 14	N/A	18
09-F-140	Wednesday	1:00 - 2:30 pm	Oct 21	Nov 11	N/A	18
09-F-141	Wednesday	1:00 - 2:30 pm	Nov 18	Dec 9	N/A	18

FALL 2009 (Fees: Member > \$99 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-142	Wednesday	7:00 - 8:30 pm	Sept 23	Oct 14	N/A	18
09-F-143	Wednesday	7:00 - 8:30 pm	Oct 21	Nov 11	N/A	18
09-F-144	Wednesday	7:00 - 8:30 pm	Nov 18	Dec 9	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$85 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-145	Wednesday	1:00 - 2:30 pm	Jan 6	Jan 27	N/A	18
10-W-146	Wednesday	1:00 - 2:30 pm	Feb 3	Feb 24	N/A	18
10-S-147	Wednesday	1:00 - 2:30 pm	March 3	March 31	March 17	18
10-S-148	Wednesday	1:00 - 2:30 pm	April 7	April 28	N/A	18

DOUBLES 3.5+ (cont.)

FIT Factor = 3

WINTER/SPRING 2010 (Fees: Member > \$99 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-149	Wednesday	7:00 - 8:30 pm	Jan 6	Jan 27	N/A	18
10-W-150	Wednesday	7:00 - 8:30 pm	Feb 3	Feb 24	N/A	18
10-S-151	Wednesday	7:00 - 8:30 pm	March 3	March 31	March 17	18
10-S-152	Wednesday	7:00 - 8:30 pm	April 7	April 28	N/A	18



Did You Know...

Each of the Grand Slam tournaments have a different type of surface: Rebound Ace in Australia; clay at Roland Garros; lawn at Wimbledon and finally decoturf at Flushing Meadow. The Australian Open was first played in 1905 at the Warehouseman's Cricket Ground in St Kilda Road, Melbourne.



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West GTA Endoscopy

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MEDICAL FACTS

- Ontario has among the highest rates of Colorectal cancer in the world and is the second most common cause of Cancer deaths, after Lung Cancer.
- Early diagnosis and treatment of colorectal cancer leads to a complete cure in 90% of patients.
- Colonoscopy is the best screening tool available for early detection of colorectal cancer.
- 90% of new colorectal cancer cases are diagnosed in individuals over the age of 50.

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West GTA Endoscopy
2225 Erin Mills Parkway, Mississauga, ON L5K 1T9
(Sheridan Centre, Unit 183 B1-B2)

FAX: 905•823•9780

WEBSITE: www.westgtaendoscopy.com

SINGLES 2.5-3.5

FIT Factor = 3

Category: Adult **Desired Outcome:** Practice & Play **Weeks:** 4

DESCRIPTION: A pro supervised program where players develop an understanding of tactics (when to move, hit and recover) as well as strategic play (when to defend, attack, counter attack, force or rally) for singles 2.5-3.5

FALL 2009 (Fees: Member > \$85 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-127	Friday	12:00 - 1:30 pm	Sept 25	Oct 16	N/A	18
09-F-128	Friday	12:00 - 1:30 pm	Oct 30	Nov 13	Oct 23	18
09-F-129	Friday	12:00 - 1:30 pm	Nov 20	Dec 12	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$85 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-W-131	Friday	12:00 - 1:30 pm	Jan 8	Jan 29	N/A	18
09-W-132	Friday	12:00 - 1:30 pm	Feb 5	Feb 26	N/A	18
09-S-133	Friday	12:00 - 1:30 pm	March 26	April 23	March 2	18

SINGLES 3.5+

FIT Factor = 3

Category: Adult **Desired Outcome:** Practice & Play **Weeks:** 4

DESCRIPTION: A pro supervised program where players develop an understanding of tactics (when to move, hit and recover) as well as strategic play (when to defend, attack, counter attack, force or rally) for singles 3.5+

FALL 2009 (Fees: Member > \$99 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-130	Friday	1:30 - 3:00 pm	Sept 25	Oct 16	N/A	18
09-F-131	Friday	1:30 - 3:00 pm	Oct 30	Nov 13	Oct 23	18
09-F-132	Friday	1:30 - 3:00 pm	Nov 20	Dec 12	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$99 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-W-134	Friday	1:30 - 3:00 pm	Jan 8	Jan 29	N/A	18
09-W-135	Friday	1:30 - 3:00 pm	Feb 5	Feb 26	N/A	18
09-S-136	Friday	1:30 - 3:00 pm	March 26	April 23	March 2	18

Tennis
- little
known
facts.

• A standard tennis ball weighs between **2** and **2-1/16** ounces.

• A fresh tennis ball contains enough pressurized air so that it will bounce at least **53 inches** when dropped from **100 inches** above the ground onto a concrete slab.

• The singles stick is **3 inches** in diameter, and holds the doubles net at the appropriate height of **42 inches** at each edge of the singles court.

Dates and fees subject to change.

DOUBLES LEAGUE PLAY 2.5-3.0

FIT Factor = 3

Category: Adult **Desired Outcome:** Play **Weeks:** 4

DESCRIPTION: A pro organized doubles league play in a friendly competitive format, a great way to meet new people.

FALL 2009 (Fees: Member > \$79 • Flat Rate > \$69)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-148	Monday	1:30 - 3:00 pm	Sept 21	Oct 19	Oct 12	18
09-F-149	Monday	1:30 - 3:00 pm	Oct 26	Nov 16	N/A	18
09-F-150	Monday	1:30 - 3:00 pm	Nov 23	Dec 14	N/A	18

FALL 2009 (Fees: Member > \$95 • Flat Rate > \$69)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-151	Saturday	1:30 - 3:00 pm	Sept 26	Oct 17	N/A	18
09-F-152	Saturday	1:30 - 3:00 pm	Oct 24	Nov 14	N/A	18
09-F-153	Saturday	1:30 - 3:00 pm	Nov 21	Dec 12	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$79 • Flat Rate > \$69)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-156	Monday	1:30 - 3:00 pm	Jan 4	Jan 25	N/A	18
10-W-157	Monday	1:30 - 3:00 pm	Feb 1	March 1	Feb 15	18
10-S-158	Monday	1:30 - 3:00 pm	March 22	April 19	April 5	18

WINTER/SPRING 2010 (Fees: Member > \$95 • Flat Rate > \$69)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-159	Saturday	1:30 - 3:00 pm	Jan 9	Jan 30	N/A	18
10-W-160	Saturday	1:30 - 3:00 pm	Feb 6	Feb 27	N/A	18
10-S-161	Saturday	1:30 - 3:00 pm	March 6	April 3	March 20	18

DOUBLES LEAGUE PLAY 3.5+

FIT Factor = 4

Category: Adult **Desired Outcome:** Play **Weeks:** 4

DESCRIPTION: A pro organized doubles league play in a friendly competitive format, a great way to meet new people.

FALL 2009 (Fees: Member > \$79 • Flat Rate > \$69)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-154	Thursday	1:00 - 2:30 pm	Sept 24	Oct 15	N/A	18
09-F-155	Thursday	1:00 - 2:30 pm	Oct 22	Nov 12	N/A	18
09-F-156	Thursday	1:00 - 2:30 pm	Nov 19	Dec 10	N/A	18

FALL 2009 (Fees: Member > \$95 • Flat Rate > \$69)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-157	Saturday	12:00 - 1:30 pm	Sept 26	Oct 17	N/A	18
09-F-158	Saturday	12:00 - 1:30 pm	Oct 24	Nov 14	N/A	18
09-F-159	Saturday	12:00 - 1:30 pm	Nov 21	Dec 12	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$79 • Flat Rate > \$69)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-162	Thursday	1:00 - 2:30 pm	Jan 7	Jan 28	N/A	18
10-W-163	Thursday	1:00 - 2:30 pm	Feb 4	Feb 25	N/A	18
10-S-164	Thursday	1:00 - 2:30 pm	March 4	April 1	March 18	18
10-S-165	Thursday	1:00 - 2:30 pm	April 8	April 29	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$95 • Flat Rate > \$69)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-166	Saturday	12:00 - 1:30 pm	Jan 9	Jan 30	N/A	18
10-W-167	Saturday	12:00 - 1:30 pm	Feb 6	Feb 27	N/A	18
10-S-168	Saturday	12:00 - 1:30 pm	March 6	April 3	March 20	18

SINGLES LEAGUE PLAY 2.5 - 3.0

FIT Factor = 4

Category: Adult **Desired Outcome:** Play **Weeks:** 4

DESCRIPTION: A pro organized singles league play in a friendly competitive format, a great way to meet new people.

FALL 2009 (Fees: Member > \$85 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
09-F-145	Friday	10:30 - 12:00 pm	Sept 25	Oct 16	N/A	18
09-F-146	Friday	10:30 - 12:00 pm	Oct 30 (3 weeks)	Nov 13	Oct 23	18
09-F-147	Friday	10:30 - 12:00 pm	Nov 20	Dec 11	N/A	18

WINTER/SPRING 2010 (Fees: Member > \$85 • Flat Rate > \$75)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE
10-W-153	Friday	10:30 - 12:00 pm	Jan 8	Jan 29	N/A	18
10-W-154	Friday	10:30 - 12:00 pm	Feb 5	Feb 26	N/A	18
10-S-155	Friday	10:30 - 12:00 pm	March 26	April 23	April 2	18

JUNIOR DEVELOPMENT

Category: Junior **Desired Outcome:** Learn and Improve **Weeks:** 7

DESCRIPTION: For players aged 3-15, from Head Start (ages 3/4) to Game level

FALL 2009 (Fees: Member > \$110 • Non-Member > \$140 • Flat Rate > \$90)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE	MAX. AGE
09-F-160	Friday	4:00 - 5:00 pm	Sept 11	Oct 23	N/A	3	13
09-F-161	Friday	5:00 - 6:00 pm	Sept 11	Oct 23	N/A	5	15
09-F-162	Friday	6:00 - 7:00 pm	Sept 11	Oct 23	N/A	5	15
09-F-163	Saturday	9:00 - 10:00 am	Sept 12	Oct 24	N/A	3	13
09-F-164	Saturday	10:00 - 11:00 am	Sept 12	Oct 24	N/A	5	15
09-F-165	Saturday	11:00 - 12:00 pm	Sept 12	Oct 24	N/A	5	15

Session 2

09-F-166	Friday	4:00 - 5:00 pm	Oct 30	Dec 11	N/A	3	13
09-F-167	Friday	5:00 - 6:00 pm	Oct 30	Dec 11	N/A	5	15
09-F-168	Friday	6:00 - 7:00 pm	Oct 30	Dec 11	N/A	5	15
09-F-169	Saturday	9:00 - 10:00 am	Oct 31	Dec 12	N/A	3	13
09-F-170	Saturday	10:00 - 11:00 am	Oct 31	Dec 12	N/A	5	15
09-F-171	Saturday	11:00 - 12:00 pm	Oct 31	Dec 12	N/A	5	15

WINTER/SPRING 2010 (Fees: Member > \$110 • Non-Member > \$140 • Flat Rate > \$90)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE	MAX. AGE
10-W-169	Friday	4:00 - 5:00 pm	Jan 8	Feb 19	N/A	3	13
10-W-170	Friday	5:00 - 6:00 pm	Jan 8	Feb 19	N/A	5	15
10-W-171	Friday	6:00 - 7:00 pm	Jan 8	Feb 19	N/A	5	15
10-W-172	Saturday	9:00 - 10:00 am	Jan 9	Feb 20	N/A	3	13
10-W-173	Saturday	10:00 - 11:00 am	Jan 9	Feb 20	N/A	5	15
10-W-174	Saturday	11:00 - 12:00 pm	Jan 9	Feb 20	N/A	5	15

RACQUET TIPS:



- Lower string tensions generate more power.
- You should restring your racquet throughout the year as frequently as you play tennis each week, and a minimum of once a year.

ADULT FLEXIBLE “PLAY” PROGRAMS – WEEKLY AND MONTHLY



The following programs are for those people with busy schedules or for anyone who does not want to make monthly commitment to a program. Participants may register for the ongoing programs at the front desk up to 7 days in advance, with payment required at sign up.

Men’s 3.5-4.5 League (Sponsored by Labatt) Cost: \$14.50

Tuesdays, from 8:30-10:00pm, 12-20 players in a fun competitive round robin rotation format play with different partners and opponents every half hour. Points awarded for attendance, win/loss

Women’s 3.5-4.5 League (Sponsored by ClubSpa) Cost: \$14.50

Thursdays, from 8:30-10:00pm, 12-20 players in a fun competitive round robin rotation format play with different partners and opponents every half hour. Points awarded for attendance, win/loss

Men’s 4.5 + League (Sponsored by Labatt) Cost: \$14.50

Saturdays, 3:00-4:30pm, 12-20 players in a fun competitive round robin rotation format play with different partners and opponents every half hour. Points awarded for attendance, win/loss

Team Tennis League – 3.0-4.5 (Sponsored by Wilson, Head, Babalot) Cost: TBA

Ever wondered what it would be like to play in a Davis Cup or Federation Cup event with coaching? Then guess no more. ORC is looking for players to compete in an ongoing monthly Team Tennis League where 4 players, two men and two women will compete against other teams. Each team will have a coach and play a mixed, then one men’s and one women’s doubles matches, with spectators and coaching allowed. Points standings, prizes, and playoffs with team jerseys make for an interesting and exciting competitive league. See Magnus Nordstrom for more details.

SOCIAL PLAY PROGRAMS – MONTHLY



Monthly Mixed Menu – 2.5-4.0 Cost: \$35 P.P. includes tennis, dinner, dessert, prizes

A friendly, social tennis event with mixed play, battle of the sexes and much more in this fun night out that combines an on court and off court component the last Saturday of every month. 1-1/2 hours of tennis followed by a relaxing and elegant dinner in our lounge or banquet facility. Great way

Tennis Lesson Rates:

Lesson Type	Coaching Staff
Private	\$50.00
Semi-Private	\$31.00
Group of 3	\$27.00
Group of 4	\$24.00
Group of 8	\$12.00
Group of 12	\$9.00

**All rates are per person and do not include court fees or GST*

to enjoy tennis, meet new couples and savor the delights of our chef. Registration is at the front desk, event is run the last weekend of the month starting in September (no program in December)

SEASONAL COMPETE PROGRAMS

35th Annual Singles and Doubles Club Championships

ORC’s annual tennis club championship features a lively atmosphere, exciting competition, and enthusiastic camaraderie amongst players and spectators. The highlight will be the presentation of prizes and a first class banquet after the finals. Players of all ages and levels are invited to enter events including men’s, women’s, doubles, mixed doubles, 4.5 (A), 4.0 (B), 3.5 (C), and 2.5-3.0 (D).

This year will be a special tournament celebrating 35 years of tennis at ORC and you do not want to miss out on the fun, action, and participation gifts. Watch for registration forms on the bulletin boards or see your pro. Tournament will take place during the month of April with the finals being played on Saturday April 24th, 2010.

JUNIOR DEVELOPMENT (cont.)

Session 2

10-W-175	Friday	4:00 - 5:00 pm	Feb 26	Apr 16	April 2	3	13
10-W-176	Friday	5:00-6:00 pm	Feb 26	Apr 16	April 2	5	15
10-W-177	Friday	6:00 - 7:00 pm	Feb 26	Apr 16	April 2	5	15
10-W-178	Saturday	9:00 - 10:00 am	Feb 27	Apr 17	March 20	3	13
10-W-179	Saturday	10:00 -11:00 am	Feb 27	Apr 17	March 20	5	15
10-W-180	Saturday	11:00 - 12:00 pm	Feb 27	Apr 17	March 20	5	15

Session 3

10-S-181	Friday	4:00 - 5:00 pm	April 23	June 11	May 21	3	13
10-S-182	Friday	5:00 - 6:00 pm	April 23	June 11	May 21	5	15
10-S-183	Friday	6:00 -7:00 pm	April 23	June 11	May 21	5	15
10-S-184	Saturday	9:00 - 10:00 am	April 24	June 12	May 22	3	13
10-S-185	Saturday	10:00 - 11:00 am	April 24	June 12	May 22	5	15
10-S-186	Saturday	11:00 - 12:00 pm	April 24	June 12	May 22	5	15

JUNIOR GAME LEAGUE

Category: Junior **Desired Outcome:** Recreational Play **Weeks:** 7

DESCRIPTION: Players aged 8-17, from Game to Match Level

FALL 2009 (Fees: Member > \$158 • Non-Member > \$190 • Flat Rate > \$110)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE	MAX. AGE
09-F-174	Saturday	12:00 - 1:30 pm	Sept 12	Oct 24	N/A	8	17
09-F-175	Saturday	12:00 - 1:30 pm	Oct 31	Dec 12	N/A	8	17

WINTER/SPRING 2010 (Fees: Member > \$158 • Non-Member > \$190 • Flat Rate > \$110)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE	MAX. AGE
10-W-190	Saturday	12:00 - 1:30 pm	Jan 9	Feb 20	N/A	8	17
10-W-191	Saturday	12:00 - 1:30 pm	Feb 27	Apr 17	March 20	8	17
10-S-192	Saturday	12:00 - 1:30 pm	Apr 24	Jun 12	May 22	8	17

TEEN DEVELOPMENT

Category: Junior **Desired Outcome:** Learn and Improve **Weeks:** 7

DESCRIPTION: Players aged 13-17, from Game to Match Level

FALL 2009 (Fees: Member > \$110 • Non-Member > \$140 • Flat Rate > \$90)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE	MAX. AGE
09-F-172	Sunday	12:00 - 1:00 pm	Sept 13	Oct 25	N/A	13	17
09-F-173	Sunday	12:00 - 1:00 pm	Nov 1	Dec 13	N/A	13	17

WINTER/SPRING 2010 (Fees: Member > \$110 • Non-Member > \$140 • Flat Rate > \$90)

PROGRAM CODE	DAY	TIME	BEGINS	ENDS	NO CLASS	MIN. AGE	MAX. AGE
10-W-187	Sunday	12:00 - 1:00 pm	Jan 10	Feb 21	N/A	13	17
10-W-188	Sunday	12:00 - 1:00 pm	Feb 28	Apr 18	April 4	13	17
10-S-189	Sunday	12:00 - 1:00 pm	Apr 25	Jun 13	May 23	13	17

Dates and fees subject to change.