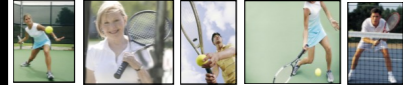


Tennis Programs



Register On-Line
www.ontarioracquetclub.com



Ladies Match League 2.5-3.5 **PLAY**

Description: Join us for doubles and singles in a fun and social environment. Meet new people, start a "network" of playing partners, and have fun while still learning the game of doubles. Prizes awarded at the end of each clinic!!! Coach Todd will be there to play in, give tips, and to organize rotations.

Fees: Member: \$160.00 Flat Rate: \$110.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-150.1	Monday	8:30-10:00am	6/29/2009	8/27/2009	8 weeks	Aug. 3	Todd Raleigh
09-S-151.1	Thursday	8:30-10:00am	7/2/2009	8/8/2009	8 weeks	Aug. 6	Todd Raleigh

Singles Houseleague 2.5-3.5

Description: Are you tired of losing to players that are technically better than you? Do you want to play singles like the pros? Winning at tennis is not just about technique; tactics can be the difference between winning and losing. This program will focus on tactics for a winning singles game with a smaller emphasis on technique for shots essential for singles.

Fees: Member: \$140.00 Flat Rate: \$93.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-152.1	Friday	12:00-1:30pm	7/3/2009	8/28/2009	7 weeks	Jul. 31, Aug. 7	Heather Connolly

Intro to Doubles Houseleague 2.5-3.5

Description: Geared for beginner and lower intermediate players who want to meet new people in a relaxed, recreational atmosphere.

Fees: Member: \$160.00 Flat Rate: \$110.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-153.1	Tuesday	12:00-1:30pm	6/30/2009	8/25/2009	8 weeks	Aug. 4	Heather Connolly

Todd's C Level Pro Am Doubles

See Todd Raleigh for details and to sign up

(905) 822-5240 ext 625 traleigh@ontarioracquetclub.com

EXTENSION LIST

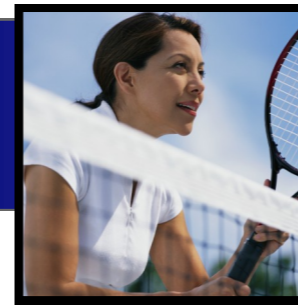
ORC (905) 822 5240

Director of Tennis - David Phillips - ext.245

Tennis Administrator - Tracy Pattison - ext.250

Aaron Cumberland ext.670
 Arash Jalali ext.661
 Adam Svoboda ext.606
 Alex Benyi ext.604
 Brian Myers ext.672
 Dean McCool ext.610
 Greg Eng ext. 675
 Heather Connolly ext.607
 Jay Barlow ext.702
 Jean Landy ext. 602

Kristen Zinggeler ext.618
 Magnus Nordstrom ext.662
 Mark Taylor ext.674
 Michael Loomer ext.698
 Nino Rajic ext.704
 Patrice Lezama ext.714
 Peter Liu ext.680
 Sam Jonas ext.668
 Sebastian Popa ext.669
 Todd Raleigh ext.625



Tennis Programs



Register On-Line
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Updated June 15, 2009

Please Note: There will be NO clinics on Canada Day, Wednesday July 1st and NO classes during Junior Nationals July 31st-August 7th

LEARN

Instant Tennis

Description: Instant Tennis beginner program for adults is designed to get people playing tennis as quickly as possible. Not only will you learn the basics of technique and tactics along with positioning, scoring and tennis etiquette to ensure that you are comfortable joining any ORC drilling or league program, you will also receive a FREE Wilson racquet!

Fees: 7 weeks: Member: \$110.00 Non-Member: \$140.00
8 weeks: Member: \$125.00 Non-Member: \$155.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-120.1	Monday	11:30-12:30pm	6/29/2009	8/24/2009	8 weeks	Aug. 3	Heather Connolly
09-S-121.1	Monday	8:00-9:00pm	6/29/2009	8/24/2009	8 weeks	Aug. 3	Heather Connolly
09-S-122.1	Tuesday	7:00-8:00pm	6/30/2009	8/28/2009	8 weeks	Aug. 4	Peter Liu
09-S-123.1	Thursday	7:00-8:00pm	7/2/2009	8/27/2009	8 weeks	Aug. 6	Peter Liu
09-S-124.1	Friday	6:00-7:00pm	7/3/2009	8/28/2009	7 weeks	Jul. 31, Aug. 7	Magnus Nordstrom
09-S-125.1	Saturday	9:00-10:00am	7/4/2009	8/29/2009	8 weeks	Aug. 1	Peter Liu

Building Your Game 1.5-2.0

Description: A great program for graduates of Instant Tennis or for those looking to restart their game! Take this opportunity to develop your fundamental skills to be able to enjoy tennis to the fullest. Receive a free Wilson racquet bag as well.

Fees: Member: \$140.00 Non-Member: \$175.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-126.1	Monday	8:00-9:00pm	6/29/2009	8/27/2009	8 weeks	Aug. 3	Magnus Nordstrom
09-S-128.1	Saturday	10:00-11:00am	7/4/2009	8/29/2009	8 weeks	Aug. 1	Peter Liu



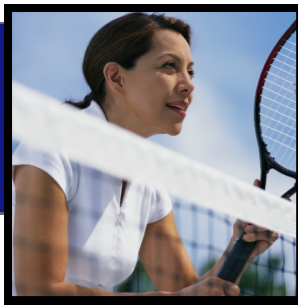
U16 Jr. Nationals - August 2nd - 7th

We will once again be hosting Canada's finest U16 talent. Volunteer, spectator, get involved!!

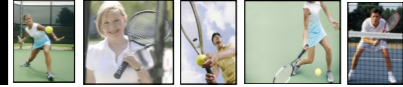
Interested in becoming a sponsor? A variety of exciting sponsorship opportunities are available.

Email or speak with David Phillips
dphillips@ontarioracquetclub.com or 905-822-5240 ext. 245





Tennis Programs



Register On-Line
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LEARN

Strengthen Your Game 2.0-2.5

Description: Continuing from where Building Your Game leaves off, these sessions focus on the tactical side of singles and doubles along with the techniques required to achieve them. An ORC tennis professional will provide personal instruction to help you understand how to strengthen your game. This course is the next logical step in opening up possibilities for house leagues and team tennis.

Fees: 8 weeks: Member: \$270.00 Flat Rate: \$185.00
7 weeks: Member: \$162.00 Flat Rate: \$123.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-129.1	Wednesday	12:30-2:00pm	7/8/2009	8/26/2009	7 weeks	Jul. 1, Aug. 5	Brian Myers
09-S-130.1	Thursday	11:30-1:00pm	7/2/2009	8/8/2009	8 weeks	n/a	Brian Myers

Doubles in No Time 2.0-3.0

Description: Learn the basic doubles positioning and tactics from top Open player Patrice Lezama. Join Mark for 1.5 hours of skills and drills, concentrating on serve, return and volley.

Fees: Member: \$175.00 Flat-Rate: \$122.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-132.1	Wednesday	8:30-9:30pm	7/8/2009	8/26/2009	7 weeks	Jul. 1, Aug. 5	Patrice Lezama

Doubles Training 3.0+

Description: Are you struggling with positioning? Not sure which ball is yours? Confused at the tactics and movement? Well look no further, this is the program for you! Good doubles take time; learn tactics, technique and teamwork that will enhance your doubles game and help you feel comfortable playing in round robins and house leagues. During this hour and a half program, drills and strategy are practiced, then put into match play during the class.

Fees: Member: \$200.00 Flat Rate: \$140.00

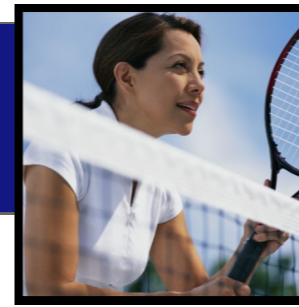
Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-133.1	Thursday	10:00-11:30am	7/2/2009	8/8/2009	8 weeks	Aug. 6	Patrice Lezama

Serve & Return 1.5-4.0

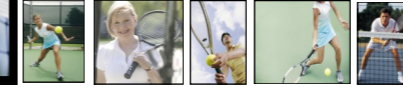
Description: Anyone who has ever played the game understands the importance of the serve and return. Actually, the only two shots that you are guaranteed to hit in a match are the serve and return. In this program we will take a look at these two shots from both a technical and a tactical standpoint - and all of this at your own pace.

Fees: 7 weeks: Member: \$175.00 Flat Rate: \$122.00
8 weeks: Member: \$200.00 Flat Rate: \$140.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-135.1	Saturday	12:00-1:00pm	7/4/2009	8/29/2009	8 weeks	Aug. 1	Peter Liu
09-S-160.1	Tuesday	10:00-11:00am	6/30/2009	8/25/2009	8 weeks	Aug. 4	Peter Liu
09-S-161.1	Wednesday	10:00-11:00am	7/8/2009	8/26/2009	7 weeks	Jul. 1, Aug. 5	Peter Liu



Tennis Programs



Register On-Line
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PRACTICE

Feeding Frenzy 1.0-4.0

Description: Join us for an hour of high tempo drilling and shot repetition. This hour long session is designed to improve your cardio and explosive movement around the court. Suitable for all levels.

Fees: 7 weeks: Member: \$125.00 Flat Rate: \$85.00 Non-Member: \$150.00
8 weeks: Member: \$140.00 Flat Rate: \$95.00 Non-Member: \$175.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-139.1	Monday	7:00-8:00pm	6/29/2009	8/27/2009	8 weeks	Aug. 3	Mark Taylor
09-S-142.1	Friday	11:00-12:00pm	7/3/2009	8/28/2009	7 weeks	Jul. 31, Aug. 7	Peter Liu
09-S-143.1	Saturday	11:00-12:00pm	7/4/2009	8/29/2009	8 weeks	Aug. 1	Peter Liu
09-S-162.1	Tuesday	9:00-10:00am	6/30/2009	8/25/2009	8 weeks	Aug. 4	Peter Liu
09-S-163.1	Wednesday	9:00-10:00pm	7/8/2009	8/26/2009	7 weeks	Jul. 1, Aug. 5	Peter Liu

FLEXIBLE PRACTICE SCHEDULE – Weekly 1000 Ball Tennis Drill (Levels 2.5-4.0)

Description: The ORC is offering a flexible opportunity for you to practice what you learn. **Drop-In & Drill** is an hour of high tempo drills for your ground strokes, volleys, overheads, approach shots and running-running-running. **The ultimate tennis workout!** You will cover the court side to side, back to front and corner to corner... Remember to bring your water bottle and a towel! (Instructor - Greg Eng)
Members only have to make a commitment on a weekly basis by phoning or signing up directly at the front desk. A wait list is available when we are at the maximum capacity so register early!

DAYS:	Monday	Wednesday	Friday
TIMES:	1:00pm - 2:00pm	1:00pm-2:00pm	Noon-1:00pm
COST:	\$12 + GST / 1.0 hrs	\$12 + GST / 1.0 hrs	\$12 + GST / 1 hrs

Play The Game 3.0+

Description: Drills, Skills and Thrills! Jump-start your game and get ready to improve. This 8 week, action-packed adult academy is a perfect way to start winning matches and reach new heights in your game. Learn how to take charge of your game!

Fees: 7 weeks: Member: \$175.00 Flat Rate: \$122.00
8 weeks: Member: \$200.00 Flat Rate: \$140.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-145.1	Wednesday	7:00-8:30pm	7/8/2009	8/26/2009	7 weeks	Jul. 1, Aug. 5	Peter Liu
09-S-164.1	Tuesday	7:00-8:30pm	6/30/2009	8/25/2009	8 weeks	Aug. 4	Arash Jalali

Drill & Play - 3.0-3.5

Description: Just like the name of the program! First we start you up with a hitting warm-up, next we give you a variety of specific tasks and drills to work on. After drilling we will always work on serving (grips, targeting, power, consistency...). After serving practice, we put it all together into point/match play. Lots of hitting, no long waiting in lines, lots of physical activity and loads of fun. Meet new people, work hard, play hard, prizes at the end of session.

Fees: Member: \$225.00 Flat Rate: \$155.00

Program Code	Day	Time	Begins	Ends	Length	Holidays (no class)	Instructor
09-S-147.1	Wednesday	9:00-10:30am	7/8/2009	8/26/2009	8 weeks	Jul. 1, Aug. 5	Greg Eng
09-S-148.1	Thursday	7:00-8:30pm	7/2/2009	8/13/2009	8 weeks	Aug. 6	Arash Jalali

