



**Bramalea
Tennis Club**

Tennis Lesson Programs

The BTC Junior Development Program is designed to create a strong base of fundamentals including correct grips, ball controls, footwork, and movement. Players will learn good technique and tactics. They will also learn the importance of teamwork, develop self confidence and learn to love the game.

Our program curriculum is based on the Progressive Tennis system as recommended by Tennis Canada.



Junior Development Groups

Our junior programs are only open to members of Bramalea Tennis Club. All players will be evaluated on Saturday, May 4th and placed in an appropriate Saturday group.

Saturday morning lessons are FREE of charge! Monday, Wednesday and Friday lessons are not free, however, players are encouraged to join these or other lessons, or at least practice 2-3 times per week outside of the Saturday lessons. Players that practice more will develop skills faster and enjoy more success on the tennis courts. Course descriptions below:

Red Ball 1 – for ages 5-6 years old
- Register for Red Ball 1 if your child is a beginning player. Players will learn coordination, movement and ball controls.

Red Ball 2 – for players 12 and under
- Register for Red Ball 2 if your child is a beginning player and needs to improve rallying skills. Players will learn to rally with proper movement from 1/2 court.

Orange – for players 14 and under
- Register for Orange if your child has mastered the skills required for Red Ball 2. Players will learn basic ball controls and rallying skills from 3/4 court.

Green – for players 18 and under
- Register for Green if your child has mastered the skills required for Orange. Players will improve consistency from all areas of the court.

Intermediate – for players 18 and under
- Register for Intermediate if your child has mastered the skills required for Green. Players will learn to compete from full court with regular ball.

Advanced – for players 18 and under
- Register for Advanced if your child has mastered the skills required for Intermediate. Players will continue to improve all skill areas related to match play (Technical, Tactical, Physical, and Mental).

High Performance – for tournament level players 18 and under
- Registration for the High Performance group requires recommendation from the coaching staff. Players will learn technical and tactical skills for higher level play. Players will be required to participate in appropriate level tournaments throughout the season.



Additional Junior Programs

Junior League – for players 8-18 years old
- The Junior League gives players an opportunity to learn to compete in a fun and less stressful environment. The transition to tournament play is easier. Players must be Green level or higher.

Early Morning Training – for players 8-18 years old
- Serves are the most important stroke in the game. Morning Training focuses on developing and improving serve technique and tactics. A fitness component will ensure players get a good workout.



Schedule and Pricing

Red Ball 1 and Red Ball 2 – 1/2 hour lesson

After school, 1 day per week for 6 weeks.
Choose Mondays, Wednesdays or Fridays

→ Mondays 4:00-4:30pm, May 6-June 10
\$10 per lesson or \$50 for 6 lessons

→ Wednesdays 4:00-4:30pm, May 8-June 12
\$10 per lesson or \$50 for 6 lessons

→ Fridays 4:00-4:30pm, May 17-June 28
(except June 14)
\$10 per lesson or \$50 for 6 lessons

Orange, Green, Intermediate, Advanced – 1 hour lesson

After school, 1 day per week for 6 weeks.
Choose Mondays, Wednesdays or Fridays

→ Mondays 4:30-5:30pm, May 6-June 10
\$15 per lesson or \$80 for 6 lessons

→ Wednesdays 4:30-5:30pm, May 8-June 12
\$15 per lesson or \$80 for 6 lessons

→ Fridays 4:30-5:30pm, May 17-June 28
(except June 14)
\$15 per lesson or \$80 for 6 lessons

High Performance – 2 hour session

After school, 1 day per week for 6 weeks.
HP players should attend 2-3 days a week

→ Mondays 4:00-6:00pm, May 6-June 10
\$30 per lesson (ie \$15 per hour)

→ Wednesdays 4:30-5:30pm, May 8-June 12
\$30 per lesson (ie \$15 per hour)

→ Fridays 4:30-5:30pm, May 17-June 28
(except June 14)
\$30 per lesson (ie \$15 per hour)

Schedule and Pricing



Fitness – 20 minutes after lessons

An additional fitness component is offered after each lesson, players will join our High Performance group's physical training.
Choose Mondays, Wednesdays or Fridays
(or choose more than one day)

→ Mondays 5:30-5:50pm, May 6-June 10
\$5 per session or \$20 for 6 lessons

→ Wednesdays 5:30-5:50pm, May 8-June 12
\$5 per session or \$20 for 6 lessons

→ Fridays 5:30-5:50pm, May 17-June 28
(except June 14)
\$5 per session or \$20 for 6 lessons

Junior League – 2 hour session

After school, 1 day per week for 8 weeks

→ Tuesdays 4:00-6:00pm, May 7-June 25
\$150 for 8 sessions

Early Morning Training – 1.5 hour lesson

BEFORE school, once a week, for 6 weeks.
Choose Mondays, Wednesdays or Fridays
(or choose more than one day)

→ Mondays 6:00-7:30am, May 6-June 10
\$10 per lesson

→ Wednesdays 6:00-7:30am, May 8-June 12
\$10 per lesson

→ Fridays 6:00-7:30am, May 17-June 28
(except June 14)
\$10 per lesson

Space is limited in all junior programs. To reserve your space, please contact Brian Ma at: 410tennis@gmail.com

Registration Information

Space is limited in all junior programs. Please fill out the form below and return to Brian Ma, Head Pro, Bramalea Tennis Club. For further information please contact Brian by email at: 410tennis@gmail.com

Junior Programs Registration Form

(This form is required for ALL junior programs)

Junior Player Information:

Child's Name: _____

Age: _____ Sex: _____ Member#: _____

Parents Names: _____

Cell Phone: _____

E-Mail Address: _____

Emergency Contact:

Name: _____

Phone: _____

Medical Information (any medical or special needs information our staff should be aware of):

Program Name(s): _____

Program Date(s): _____

Participant Waiver This signed consent form allows your child to participate in all supervised activities at Bramalea Tennis Club. The Bramalea Tennis Club and its staff are not responsible for any claim, loss, injury or damage to persons or to property suffered during supervised activities.

Parent's Signature: _____

Payment by: Cash, EMT, PayPal or cheque.