



INDOOR COURT RENTALS



HOW TO BOOK AN INDOOR COURT Call 250-598-2665

Reserve up to 4 days in advance**Book by phone 250-598-2665 during the following times:**

- Call from 7:30-8am to reserve a court to play BETWEEN 3pm and 11:30pm
- Call from 8-8:30am to reserve a court to play BETWEEN 6:30am and 3pm
- Bookings from 7:30-8:30am will only be taken by phone

PLEASE NOTE: • Any reservation overlapping the 3pm change-over time must be made after 8am. (e.g. booking is for 2:30-4:30pm: call after 8am).
 • Phone calls made during the wrong reservation time will not be accepted and callers will be asked to phone back during the correct time.

Indoor Court Fees are as follows: (TAX INCLUDED)

- \$14.50 per hour before 8am daily and after 8pm on Saturdays and Sundays.
- \$29 per hour between 8am and 11:30pm.
- Economy Tickets: 6 hours (10% savings) (expiration date December 31, 2018).
- Kids Courts \$14.50 per hour at these designated times: Mon-Fri 3-5pm or Sat & Sun 5:30-11:30pm.
- Payment will be required at time of booking.

**Cancellation Policy:**

To receive a refund or credit, you must cancel at least four (4) hours prior to your court time. All refunds are subject to a \$5.50 administration fee. No administration fee applies if you leave the credit on your account.

INDOOR BLOCK BOOKINGS

September 11 - October 22 (6 weeks) > **Draw: September 9**
October 23 - December 17 (8 weeks)

January 15 - March 18 (9 weeks) > **Draw: December 16**
April 2 - April 29 (4 weeks) *2 weeks of Spring Break (March 19-30) Contact Tennis Supervisor*

- Please register 1 representative from your group between 8-8:45am to ensure your ballot is processed before the 9am start.
- No ballots will be accepted once the draw has started.
- If you do not respond when your name is called, your ballot will not be placed back into the barrel.
- Payments must be made in full, by cash, VISA/ Mastercard/ American Express or cheque.

Disregard of the above procedures could result in cancellation of the block booking time without a refund.

For example: this is what an 8 week session will cost: (Tax included)

Non-Prime Time:

The following costs apply to bookings before 8am and after 8pm on Saturday and Sunday:
 1 hour booking: \$116
 1½ hour booking: \$174
 2 hour booking: \$232

Prime Time:

The following costs apply to bookings between 8am and 11:30pm, except after 8pm on Saturday and Sunday:
 1 hour booking: \$232
 1½ hour booking: \$348
 2 hour booking: \$464



"BOOK A BUBBLE"

- Lottery draws held in the Sports View Deli Bar & Grill: Saturday, Sept 9 & Dec 16.
- Register at 8-8:45am. Draw starts 9am sharp!

SMART TENNIS SENSOR RENTALS

To track your practice, book the *Smart Tennis Sensor* for \$40 per week.

This sensor shows you how hard you hit, spin speed and where you are making contact in the string bed.

NEED PRACTICE?

• **BALL MACHINE RENTALS**

Available for rental at your convenience.

Call and book the Ball Machine \$7 per booking

(includes balls but not court time)

• **PLAY A COACH \$35 per hour**

(only available during off-peak times)



OUTDOOR COURT RENTALS



Dial 250-370-7201 • Reserve 4 days in advance after 8:30am Monday to Sunday

For your playing convenience and enjoyment, six courts at Henderson Park & three courts at Carnarvon Park will be on a reservation system from April 2 to October 21, 2018.

- No booking in person until 1 hour after phone-in time.
- Cancellation Policy: To receive a refund or credit, you must cancel at least four (4) hours prior to your court time.
- Lighted play is available on three courts at Henderson after June 1.
- As the time in which the lights are turned on varies, please check with reception when booking.
- Payment will be required at time of booking.

Outdoor Court Fees are as follows:

Daylight 1 hour	\$8.50
Lighted Play 1 hour	\$11
Outdoor Economy Daytime Tickets	
6 hours (save 10%) valid until end of season	
Outdoor Economy Lighted Tickets	
6 hours (save 10%) valid until end of season	

OUTDOOR BLOCK BOOKINGS

for May 1-Sept 24, 2018 (21 weeks)
 Lottery Draw on Saturday, April 14, 2018
 Register from 8-8:45am.
 Draw starts at 9am sharp!
 Held at Henderson Recreation Centre



PRIVATE INSTRUCTION

one-on-one

Private instruction is a great way to get ahead in the game of tennis! One hour indoor or outdoor.

\$66

SPECIAL PRIVATE LESSON PACKAGE...

Take advantage of 6 lessons for the price of 5.
 Six hours indoor or outdoor.

\$330

Adults add Tax

SEMI-PRIVATE INSTRUCTION

2- 4 people

Another option to improve your game of tennis! One hour indoor or outdoor.

\$77

SPECIAL SEMI-PRIVATE PACKAGE

Take advantage of 6 lessons for the price of 5.
 Six hours indoor or outdoor.

\$384

TENNIS

SPECIAL EVENTS

• **Rogers Rookie Round Robin**

Saturday Dec 9
 3-7:30pm -match times dependant on Level
 Ages: 6-16 years Cost: \$10*

Entry deadline Thursday, Dec 7
 *Free for players registered in Fall Lessons!

See page 74 for details

Register through Recreation Oak Bay Reception

• **Victoria Junior Indoor Tennis Tournament**

November 9-12, 2017
 Entry deadline is 5pm Friday, Oct. 27
 Register though Tennis BC

• **Annual New Year's Classic Tennis Tournament**

January 2-14, 2018
 Don't miss out on this exciting event!
 Entry deadline is 11pm Friday, December 15
 Register though Tennis BC



Kids Courts

Parents play with your children!
from 3-5pm Monday - Friday
and on weekends after 5:30pm
for 50% off regular court rates.

SOCIAL - JUNIOR MATCH PLAY AGAINST A COACH

8-17yrs

Put your training into action. Play singles and doubles against a coach to develop match experience. This program is for competitive juniors who would like to play more matches against better players. The coach will make it an enjoyable experience.

\$35 per hour (only available during off-peak times)

Call 250-370-7109 to sign up.

JUNIOR ROOKIE ROUND ROBIN*

Up to 16yrs

Tennis Bubble Dec 9 FREE / \$10

**Under 7 –
Red Ball players**
Barcode 9877
Saturday 3-4pm

**Under 11 –
Green Ball players**
Barcode 6255
Saturday 5-6pm

**Under 9 –
Orange Ball players**
Barcode 6254
Saturday 4-5pm

**Over 12 –
Teen Players**
Barcode 6256
Saturday 6-7:30pm

Entry deadline Thursday, Dec 7

Register through Recreation Oak Bay Reception

*Free for players registered in Fall Lessons!



Family Tennis Evening Block Booking

Saturdays 4/\$54

Junior • Teen • Tiny Stars • & a Parent

Children up to 5-17 years old (playing with parents)

Sep 16-Oct 7	3:30-4:30pm	or	4:30-5:30pm
Oct 14-Nov 4	3:30-4:30pm	or	4:30-5:30pm
Nov 11-Dec 2	3:30-4:30pm	or	4:30-5:30pm

Call 250-595-7946 to reserve today!

SUNDAY FAMILY LESSONS

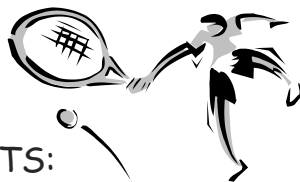
(+PG) Sunday Lessons require a parent, guardian or grandparent to participate at every lesson.

JUNIOR RED BALL 1			5-7yrs
6053	Sun	<u>9:30-10:30am</u>	Sep 17-Dec 10 11/\$163
JUNIOR RED BALL 2			6-7yrs
6057	Sun	<u>9:30-10:30am</u>	Sep 17-Dec 10 11/\$168
TENNIS JUNIOR ORANGE BALL 1			8-9yrs
6078	Sun	<u>10:30am-noon</u>	Sep 17-Dec 10 11/\$209
TENNIS JUNIOR ORANGE BALL 2			8-9yrs
6084	Sun	<u>10:30am-noon</u>	Sep 17-Dec 10 11/\$209
TENNIS JUNIOR GREEN BALL 1			10-11yrs
6138	Sun	<u>Noon-1:30pm</u>	Sep 17-Dec 10 11/\$209
TENNIS JUNIOR GREEN BALL 2			10-11yrs
6166	Sun	<u>Noon-1:30pm</u>	Sep 17-Dec 10 11/\$209

Descriptions of classes on page 75.

Look for the {+PG}.

TENNIS



TOURNAMENTS:

Team Tennis

Partnering with Cedar Hill Recreation Centre as a Tennis Canada Development Centre, this program offers juniors of all levels across Victoria the opportunity to play on a team. The teams will be created so all teams have players from each level. A player from each team will only play against a player of a similar level from another team, with their match result contributing to their team score. Individual coaching during the matches will occur.

TEAM TENNIS - U16

9-16 yrs

7130 Friday 4:30-7:30pm Oct 6, Nov 3, Dec 1 3/Free

WILD TEAM TENNIS - U8

6-8 yrs

Red Ball 2 and Orange Ball 1

7126 Friday 3:30-4:30pm Oct 6, Nov 3, Dec 1 3/Free



TODAY...

I PLAY TENNIS TO WIN!

Recreation
Oak Bay

New Years
Classic

SIGN UP FOR THE

JANUARY 2-14, 2018

NEW YEAR'S CLASSIC TENNIS TOURNAMENT

on-line through: tennisbc.org

Entry deadline is 11pm Friday, December 15

JUNIOR RED BALL 1

(P) (T) 5-7 yrs

Rally zone - 1/2 court - This program is designed to introduce tennis to youngsters in a fun and relaxed atmosphere. The kids will be taught in a scaled down format of "Progressive Tennis" which will give them the sense of playing the game of tennis right away. Players learn basic rally and serve, along with activities that build tennis specific coordination. Rules of play and "I am a Good Sport" behaviours are also introduced. This program usually requires a complete year to advance to Junior Red Ball 2 (Sept - June). Sunday lessons require one parent/guardian/grandparent to participate.

6050	Mon	3:30-4:30pm	Sep 11-Dec 04	12/\$117
6051	Wed	3:30-4:30pm	Sep 13-Dec 06	13/\$127
6052	Sat	9-10am	Sep 16-Dec 09	11/\$108
6053	Sun	<u>9:30-10:30am</u>	Sep 17-Dec 10 {+PG}	11/\$163

JUNIOR RED BALL 2

(P) (T) 6-7 yrs

Rally zone - 1/2 court - This follow-up to Red Ball 1 refines the rally, serve and net play skills. This program usually requires a complete year to advance to Junior Orange Ball 2 (Sept - June). At the end of each lesson set, all players registered at the Red Ball level are invited to play in a fun mini-tournament on the final weekend. Sunday lessons require one parent/guardian/grandparent to participate. Prerequisite: Completion of Red Ball 1 or TPA Instructor recommended. If sign up has not been recommended, players jeopardize being removed from the class without an immediate backup option.

6054	Mon	3:30-4:30pm	Sep 11-Dec 04	12/\$122
6055	Wed	3:30-4:30pm	Sep 13-Dec 06	13/\$132
6056	Sat	9-10am	Sep 16-Dec 09	11/\$113
6057	Sun	<u>9:30-10:30am</u>	Sep 17-Dec 10 {+PG}	11/\$168

JUNIOR ORANGE BALL 1

(P) (T) 8-9 yrs

Rally zone - 3/4 court - For those just starting the game or needing more time to develop the fundamentals of the serve, rally, net play and scoring. This program usually requires a complete year to advance to Junior Orange Ball 2 (Sept - June). At the end of each lesson set, all players registered at the Orange Ball level are invited to play in a fun mini-tournament on the final weekend. Sunday lessons require one parent/guardian/grandparent to participate.

6075	Mon	4:30-6pm	Sep 11-Dec 04	12/\$168
6076	Wed	4:30-6pm	Sep 13-Dec 06	13/\$181
6077	Sat	9-10am	Sep 16-Dec 09	11/\$106
6078	Sun	<u>10:30am-noon</u>	Sep 17-Dec 10 {+PG}	11/\$209

(P) = Parent Participation- the second to last lesson is an open invite for parents/guardians to attend!

JUNIOR ORANGE BALL 2

(P) (T) 8-9 yrs

Rally zone - 3/4 court - In this category players will be able to display solid rally awareness such as recovery, and demonstrate technique and strategic intent. Players learn to maintain a rally when receiving more challenging shots, serve with improved placement, approach the net, and place volleys. This program usually requires a complete year to advance to Junior Green Ball 2 (Sept - June). Fun mini-tournament on the final weekend included with registration. Sunday lessons require one parent/guardian/grandparent to participate. Prerequisite: Completion of Orange Ball 1, Junior Red Ball 2 or TPA Instructor recommended.

6081	Mon	4:30-6pm	Sep 11-Dec 04	12/\$168
6082	Wed	4:30-6pm	Sep 13-Dec 06	13/\$181
6083	Sat	9-10am	Sep 16-Dec 09	11/\$106
6084	Sun	<u>10:30am-noon</u>	Sep 17-Dec 10 {+PG}	11/\$209

JUNIOR GREEN BALL 1

(P) (T) 10-11 yrs

Rally zone - Full court - For those just starting the game or needing more time to develop the fundamentals of the serve, rally, net play and scoring. This program usually requires a complete year to advance to Junior Green Ball 2 (Sept - June). At the end of each lesson set, all players registered at the Green Ball level are invited to play in a fun mini-tournament on the final weekend. Sunday lessons require one parent/guardian/grandparent to participate.

6085	Mon	4:30-6pm	Sep 11-Dec 04	12/\$168
6086	Wed	4:30-6pm	Sep 13-Dec 06	13/\$181
6137	Sat	10-11:30am	Sep 16-Dec 09	11/\$154
6138	Sun	<u>Noon-1:30pm</u>	Sep 17-Dec 10 {+PG}	11/\$209

JUNIOR GREEN BALL 2

(P) (T) 10-11 yrs

Rally zone - Full court - In this category, the player will focus on maintaining a rally when receiving challenging shots, serving with improved placement, approaching the net, and placing volleys. This program usually requires a complete year to advance to Teen Green Ball 2- Developmental (Sept - June). Fun mini-tournament on the final weekend included with registration. Sunday lessons require one parent/guardian/grandparent to participate. Prerequisite: Completion of Green Ball 1, Junior Orange Ball 2 or TPA Instructor recommended. If sign up has not been recommended, players jeopardize being removed from the class without an immediate backup option.

6163	Mon	4:30-6pm	Sep 11-Dec 04	12/\$168
6164	Wed	4:30-6pm	Sep 13-Dec 06	13/\$181
6165	Sat	10-11:30am	Sep 16-Dec 09	11/\$154
6166	Sun	<u>Noon-1:30pm</u>	Sep 17-Dec 10 {+PG}	11/\$209

{+PG} = Sunday Lessons require a parent/guardian/grandparent to participate at every lesson.

(T) = Rookie Round Robin Tournament included - Dec. 9

Dear parent / guardian, Underlined lessons are held at the same time as your children's lesson. Why sit and wait in the lobby while you child's lesson is happening when you too could be learning or improving your game? Sign up for lessons today!



Family Tennis! Learn/Play with your child

(P) All parents are invited to spend the second to last lesson with your child on court together.

(+PG) SUNDAY FAMILY LESSONS

Available now on Sundays, Family Lessons (+PG)
Parent/ Guardian or Grandparent can now join
their child's Junior lessons!

Or take an intermediate 'adult only' lesson during the time.

TEEN TENNIS LESSONS

TEEN GREEN BALL 1 - BEGINNER

(P) (T) 12-17 yrs

Rally zone - Full court. For those players just starting the game or needing more time to develop the fundamentals of the serve, rally, net play and scoring. This program usually requires a complete year to advance to Teen Green Ball 2- Developmental (Sept - June). At the end of each lesson set, all players registered at the Teen Green Ball level are invited to play in a fun mini-tournament on the final weekend.

6167	Tu	3:30-5pm	Sep 12-Dec 05	13/\$232
6168	Th	3:30-5pm	Sep 14-Dec 7	13/\$232
6169	Sat	10-11:30am	Sep 16-Dec 9	11/\$200
6170	Sun	1:30-3pm	Sep 17-Dec 10	11/\$200

TEEN GREEN BALL 2 - DEVELOPMENTAL

(P) (T) 12-17 yrs

Players in this class must consistently hit 10 balls in a row on forehands and backhands from full court using low pressurized balls. Players will be further developing their serve, rallies, and net play while making the transition to using pressurized balls. This program usually requires two years to advance to Teen Green Ball 3-School Team Tennis (Sept - June). Fun mini-tournament on the final weekend included with registration. Prerequisite: Completion of Teen Green Ball 1, Junior Green Ball 2 or TPA Instructor recommended.

6172	Tu	3:30-5pm	Sep 12-Dec 05	13/\$232
6173	Th	3:30-5pm	Sep 14-Dec 7	13/\$232
6174	Sat	10-11:30am	Sep 16-Dec 09	11/\$200
6175	Sun	1:30-3pm	Sep 17-Dec 10	11/\$200

TEEN GREEN BALL 3 - SCHOOL TEAM TENNIS

(P) (T) 12-17 yrs

Players in this class should be involved or intend to be involved with their school tennis team and must be able to consistently hit 10 balls in a row on forehands and backhands from full court using pressurized balls as well as be comfortable at the net. In this class, refinement of the smash, backhand volley and spin serves will be the focus. Singles and doubles tactics will be further explored. Fun mini-tournament on the final weekend included with registration. Prerequisite: Completion of Teen Green Ball 2 or TPA Instructor recommended.

6176	Tu	5-6:30pm	Sep 12-Dec 05	13/\$232
6177	Th	5-6:30pm	Sep 14-Dec 7	13/\$232
6179	Sat	11:30am-1pm	Sep 16-Dec 9	11/\$200
6180	Sun	1:30-3pm	Sep 17-Dec 10	11/\$200

TEEN GREEN BALL - COMPETITIVE TOURNAMENT TENNIS

10-17 yrs

For players that regularly compete in Tennis BC 2-star tournaments or higher. Prerequisite: Completion of Teen Green Ball 3- School Team Tennis, ranked in BC or recommendation from a TPA Instructor. Partnering with Cedar Hill Recreation Centre as a Tennis Canada Development Centre, this competitive program will share local top junior development coaches. If sign up has not been recommended, players jeopardize being removed from the class without an immediate backup option.

6181	Tu,Thu	5-6:30pm	Sep 12-Oct 26	14/\$243
6185	Tu,Thu	5-6:30pm	Oct 31-Dec 7	12/\$209

CARDIO TENNIS



CARDIO COURT

CARDIO COURT DRILL SESSION

This is a non-instructional program for 3.0 - 4.0 level tennis players. Maximum repetitions in the five game situations: Rally-groundstrokes, approach and volley, passing shots, serve, and return of serve.

6268	Tu,Thu	7-8am	Sep 12-Oct 26	14/\$187
6270	Tu,Thu	8-9am	Sep 12-Oct 26	14/\$187
6269	Tu,Thu	7-8am	Oct 31-Dec 14	14/\$187
6307	Tu, Thu	8-9am	Oct 31-Dec 14	14/\$187
6266	Fri	9-10am	Nov 3-Dec 15	7/\$94
6265	Fri	9-11am	Nov 3-Dec 15	7/\$187
6267	Fri	10-11am	Nov 3-Dec 15	7/\$94
6263	Mon	9-10am	Nov 6-Dec 11	6/\$80
6262	Mon	9-11am	Nov 6-Dec 11	6/\$161
6264	Mon	10-11am	Nov 6-Dec 11	6/\$80

CARDIO COURT - CIRCUIT TRAINING

12yrs +

Designed for all levels of players. This program will energize you with active drills and dynamic fitness moves to music. Weights and ladder work for footwork are included.

6257	Wed	6-7:30pm	Sep 13-Oct 25	7/\$141
6258	Wed	6-7:30pm	Nov 1-Dec 6	6/\$121



On-line Registration Available 24 hours a day! Go on-line and sign-up today.

Progressive Tennis (Beginner - Level 2.5)

Progressive Tennis is an innovative way to teach beginner to intermediate players. Progressive tennis involves the “graduated length” concept. Foam, low compression & green dot balls will be coupled with ½, ¾ & full court dimensions. Simply put, this is a “Game Based” tool allowing aspiring players to improve their overall tennis skills faster so they can transition to the regular court with more ease and enjoyment.

Dear parent / guardian, Underlined lessons are held at the same time as your children’s lesson. Why sit and wait in the lobby while you child’s lesson is happening when you too could be learning or improving your game? Sign up for lessons today!

TENNIS ADULT LEVEL 1 - BEGINNER

16yrs

Designed for those players just taking up the game for the first time. Ball sense, introduction to the forehand, backhand, and the serve will be covered at this level. Foam and low compression balls will be used. Players will be exposed to the major components of the game in a scaled down mini court. Players in Level 1.0 should also consider the Novice PRACTICE & PLAY programs for further development.

6188	Sat	11:30am-1pm	Sep 16-Dec 09	11/\$184
6189	Sun	6:30-8pm	Sep 17-Dec 10	11/\$184

TENNIS ADULT LEVEL 2 - NOVICE

16yrs

For players that have completed Adult Level 1 or players who have not played for many years and would like to review the fundamentals of groundstrokes, serve, and volley. The class will also spend time developing a full motion on the serve, and will cover basic doubles and singles strategies. Low compression balls will be primarily used, rallying on ¾ court. This program usually requires a complete year (Sept - June). Players in Level 2.0 should also consider the Novice PRACTICE & PLAY programs for further development.

6190	Sat	11:30am-1pm	Sep 16-Dec 09	11/\$184
6191	Sun	<u>9-10:30am</u>	Sep 17-Dec 10	11/\$184
6192	Sun	6:30-8pm	Sep 17-Dec 10	11/\$184

TENNIS ADULT LEVEL 2.5 - LOW INTERMEDIATE

16yrs

Players should be able to rally 5 balls in a row using their forehand or backhand. This rally is from ¾ court using pressurized balls. Players in this class will learn the approach shot, and will carry on reviewing serves, volleys and groundstrokes with a primary focus on placement. Prerequisite: Completion of Adult Level 2 or recommendation from a TPA Instructor. If sign up has not been recommended, players jeopardize being removed from the class without an immediate backup option. Players in Level 2.5 should also consider the Novice PRACTICE & PLAY programs for further development.

6194	Tu,Thu	9-10am	Sep 12-Oct 26	14/\$156
6196	Th	6:30-8pm	Sep 14-Dec 7	12/\$200
6197	Sun	<u>10:30am-noon</u>	Sep 17-Dec 10	11/\$184
6201	Sun	<u>Noon-1:30pm</u>	Sep 17-Dec 10	11/\$184
6195	Tu,Thu	9-10am	Oct 31-Dec 7	12/\$135

Players in Level 2.5, Level 3 and Level 3.5 should also consider the PRACTICE & PLAY programs and Monday Clinics for further development.

TENNIS ADULT LEVEL 3 - INTERMEDIATE

16yrs

Players should be able to rally 10 balls in a row using their forehand OR backhand. This rally is from ¾ court using pressurized balls. This player has a serve which is developing rhythm but little consistency when trying for power. In this level, the difference between a flat and slice serve, the smash, the lob and their role in doubles will be emphasized as well as continued development of groundstrokes and backhand volley. This program usually requires two years to advance to Level 3.5-High Intermediate (Sept - June). Prerequisite: Completion of Adult Level 2.5 or TPA Instructor recommended.

6203	Tu,Thu	9-10am	Sep 12-Oct 26	14/\$156
6219	Th	6:30-8pm	Sep 14-Dec 7	12/\$200
6220	Sun	8-9:30pm	Sep 17-Dec 10	11/\$184
6218	Tu,Thu	9-10am	Oct 31-Dec 7	12/\$135

TENNIS ADULT LEVEL 3.5 - HIGH INTERMEDIATE

16yrs

Players should be able to rally 20 balls in a row using their forehand AND backhand. In this level, there will be a focus on moving the opponent around the full court, and maximizing pace and placement when receiving easier balls. Speed or placement off first serve, and second serve to the opponent’s weakness without double-faulting on a regular basis will also be required prior to moving to the next level. Intense net play will be incorporated while learning attacking and defending tactics for both singles and doubles. Prerequisite: Completion of Adult Level 3.0 or TPA Instructor recommended.

6221	Tu,Thu	10-11am	Sep 12-Oct 26	14/\$166
6224	Tu,Thu	8-9:30pm	Sep 12-Oct 26	14/\$247
6222	Tu,Thu	10-11am	Oct 31-Dec 7	12/\$143
6225	Tu,Thu	8-9:30pm	Oct 31-Dec 7	11/\$195

TENNIS ADULT LEVEL 4.0 - ADVANCED

16yrs

Players entering this level must have a good understanding of the game, be able to rally 10 balls in a row from the baseline with top spin on the forehand, maintain a 10 ball cross court rally on the backhand, be able to serve with spin, and volley deep off of low balls. In this class, emphasis will be on shot placement for both groundstrokes and volleys. Through the use of advanced drills, the aim of this class is to provide players with an opportunity to fine-tune all their shots. Prerequisite: Completion of Adult Level 3.5 or TPA Instructor recommended.

6226	Tu,Thu	6:30-8pm	Sep 12-Oct 26	14/\$247
6235	Tu,Thu	8-9:30pm	Sep 12-Oct 26	14/\$247
6234	Tu,Thu	6:30-8pm	Oct 31-Dec 7	11/\$195
6236	Tu,Thu	8-9:30pm	Oct 31-Dec 7	11/\$195

SMART TENNIS SENSOR RENTALS

To track your practice, book the *Smart Tennis Sensor* for \$40 per week.

This sensor shows you how hard you hit, spin speed and where you are making contact in the string bed.

PLAY A COACH

\$35 per hour

(only available during off-peak times)

TENNIS SOCIALS

MIXED SOCIAL

16+yrs

You'll love Thursdays at Recreation Oak Bay. Join us for doubles play if you are at a skill level 3.0 (Intermediate) to level 4.0 (Advanced). Tennis attendant will coordinate rotations. Prior to registering it is recommended that you have taken a Practice and Play session.

Oak Bay Recreation Centre Tennis Bubble

6251	Th	11am-1pm	Sep 14-Oct 26	7/\$124
6252	Th	11am-1pm	Nov 02-Dec 7	6/\$107

MEN'S SOCIAL

16+yrs

Mid-week play for men only. Join our group of level 3.0 (Intermediate) to level 4.0 (Advanced) players for enjoyable doubles play. Tennis attendant will coordinate rotations. Prior to registering it is recommended that you have taken a Practice and Play session.

Oak Bay Recreation Centre Tennis Bubble

6249	Wed	7:30-9:30pm	Sep 13-Oct 25	7/\$124
6250	Wed	7:30-9:30pm	Nov 1-Dec 6	6/\$107

LADIES SOCIALS

16+yrs

Tuesday's social games for women only. Join our group of level 3.0 (Intermediate) to level 4.0 (Advanced) players for enjoyable doubles play. Prior to registering it is recommended that you have taken a Practice and Play session.

Oak Bay Recreation Centre Tennis Bubble

6247	Tu	11am-1pm	Sep 12-Oct 24	7/\$124
6248	Tu	11am-1pm	Oct 31-Nov 28	5/\$89

All Socials are instructor supervised.



PRACTICE & PLAY

PRACTICE & PLAY - NOVICE

15+yrs

Perfect for additional practice and social play for men and women who are currently registered in level 2.5 classes or lower. The rally zone may vary from 3/4 to full court, and low compression balls will be used. Half of the time will be dedicated to tactics, such as net rushing tactics (serve and volley / approach and volley), moving the opponent around with placed shots (lobs and drop shots), and setting up your quick strike tactic (power forehand groundstroke). The remaining time will be spent playing doubles.

Oak Bay Recreation Centre Tennis Bubble

6244	Sun	8-10pm	Sep 17-Oct 29	6/\$123
6245	Sun	8-10pm	Nov 5-Dec 10	5/\$103
6246	Mon	11am-1pm	Nov 6-Dec 11	6/\$123

PRACTICE & PLAY - INTERMEDIATE

15+yrs

Perfect for additional practice and social play for men and women who have completed level 2.5 or higher. Half of the time will be dedicated to tactics, such as net rushing tactics (serve and volley / approach and volley), moving the opponent around with placed shots (lobs and drop shots), and setting up your quick strike tactic (power forehand groundstroke). The remaining time will be spent playing doubles.

Oak Bay Recreation Centre Tennis Bubble

6237	Mon	6-8pm	Sep 11-Oct 23	6/\$123
6238	Mon	6-8pm	Oct 30-Dec 11	7/\$142
6239	Tu	6:30-8pm	Sep 12-Oct 24	7/\$108
6240	Tu	6:30-8pm	Oct 31-Dec 12	7/\$108
6241	Wed	Noon-2pm	Sep 13-Oct 25	7/\$142
6242	Wed	Noon-2pm	Nov 1-Dec 13	7/\$142
6243	Fri	11am-1pm	Nov 3-Dec 15	7/\$142

TENNIS CLINICS

Mondays	Dynamic Doubles	Great Ground Strokes	Sizzling Serves	Volley Variation	What A Rush
September 11		6312			
18				6319	
25			6323		
October 2					6328
9	Thanksgiving -no clinic				
16		6314			
23			6325		
30	6331				
November 6					6329
13		6315			
20				6320	
27			6326		
Dec 4	6334				

Register early as spots fill up!

Mondays 6-7pm - 4 COURT BUBBLE - \$20

Location: Oak Bay Recreation Centre - 16 years and over

DYNAMIC DOUBLES

Designed for those that are at Level 2.5 or higher, and that understand the basic positions and need to refine their tactics.

GREAT GROUNDSTROKES

Master the skills needed for consistent, powerful baseline play. This clinic will show you correct grips and drills to improve your forehand and backhand groundstrokes and lobs.

SIZZLING SERVES

Serve and return of serve; this specialty clinic will focus on all aspects of the serve and return of serve. Refine your serving techniques and learn to return hard or soft serves.

VOLLEY VARIATIONS

Learn all aspects of the volley. Emphasis is on forehand and backhand volleys. Variations will include half volleys, drop volleys and lob volleys.

WHAT A RUSH

Aggressive forward movement to the net by the 'serve and volley' and 'approach and volley' strategy in singles and doubles.

PICKLEBALL - REGISTERED COURSES

PICKLEBALL LEVEL 1

15yrs

Have you heard about Pickleball? Pickleball is a fun combination of badminton, tennis and table tennis; and is an enjoyable activity that accommodates people at every level of fitness. Pickleball is accessible to a wide range of players, since the court is smaller and the ball moves slower. Learn to play this great new sport at Pickleball Level 1 where you will be provided with an introduction to the game, rules, basic shots, and strategy. Equipment is supplied so you can try a variety of racquets.

Henderson Recreation Centre

James Guzzo

5563	Wed	12:30-1:45pm	Sep 6-Sep 27	4/\$29
5562	Thu	Noon-1:15pm	Oct 5-Oct 26	4/\$29
5564	Wed	12:30-1:45pm	Nov 1-Nov 22	4/\$29
5565	Thu	12-1:15pm	Nov 30-Dec 21	4/\$29

PICKLEBALL LEVEL 2

15yrs

Take your Pickleball to the next level! Join Level 2 Pickleball to develop more technical skills and drills including: serve and return of serve; positioning and net play; shot selection and placement; overhead and smash Defence; soft game and lob. Equipment supplied.

Henderson Recreation Centre

James Guzzo

5566	Thu	12-1:15pm	Sep 7-Sep 28	4/\$29
5567	Wed	12:30-1:45pm	Oct 4-Oct 25	4/\$29
5568	Th	12-1:15pm	Nov 2-Nov 23	4/\$29
5569	Wed	12:30-1:45pm	Nov 29-Dec 20	4/\$29

PICKLEBALL LEVEL 3

15yrs

Can not get enough of your new favourite sport? Join Level 3 Pickleball for more practice and play time. Spend each class working on at least one drill, then play a full game of pickleball. An instructor will be available to provide technical tips and pointers to improve your game. Level 1 and 2 are recommended before taking Level 3, so you know the rules of the game and basic technique. Equipment supplied.

Henderson Recreation Centre

James Guzzo

5570	Mon	9:30-10:45am	Sep 11-Oct 02	4/\$29
5571	Mon	9:30-10:45am	Oct 16-Nov 06	4/\$29
5572	Mon	9:30-10:45am	Nov 13-Dec 04	4/\$29

PICKLEBALL - SOCIAL

PICKLEBALL TUESDAY NIGHT SOCIAL

15+yrs

Meet and play against other Pickleball enthusiasts at the Tuesday Night Pickleball Social. Two hours of play every Tuesday at Monterey Middle School. Bring your paddle, all levels welcome! Participants must register in advance to play. No drop-in players allowed.

Monterey Middle School, 851 Monterey Ave

6261	Tue	6:45-8:45pm	Oct 3-Oct 31	5/\$42
6462	Tue	6:45-8:45pm	Nov 7-Dec 19	7/\$58

Drop-in and Rent-A-Court times available at Henderson Recreation Centre. See page 21 for details.

Even with a limited income, you can join in the fun!

Contact the Recreation Centre where you live for more information.

Oak Bay
Parks, Recreation & Culture

OnLine Registration

recreation.oakbay.ca

TENNIS

Be Active **GOLF/TENNIS** For Life! **PACKAGE**

This package allows you to experience two sports you can play for many, many years.

3 Tennis and 3 Golf Lessons for the Price of 5... a great way to try out a new sport, develop your skills and be active for life!

Call 250-370-7109 for more details

Sign up solo, with a friend or get a group together for a fun, social experience!

2 Great Sports!
1 Great Cost!

