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 after 8:30am, Monday-Sunday

- For example- To book a court on a Thursday you can call on Sunday after 8:30am

Winter Indoor Court Fees are as follows: (TAX INCLUDED) **September 9-April 26**

- $15.50 per hour before 8am daily and after 8pm on Saturdays and Sundays.
- $31 per hour between 8am and 11:30pm, Monday-Friday..
- Kids Courts $15.50 per hour at these designated times:
  Monday-Friday: 3-5pm or Saturday & Sunday: 5:30-11:30pm.
- Payment will be required at time of booking.

Summer Indoor Court Fees are in effect April 27-September 13, 2020

- $15.50 per hour daily

Cancellation Policy:
To receive a refund or credit, you must cancel at least four (4) hours prior to your court time.

INDOOR BLOCK BOOKINGS

January 13 - March 15 (9 weeks)
March 30 - April 26 (4 weeks) > Draw: Saturday, December 14

Draw is in the SportView Lounge

Court times available	Draw time
Monday-Sunday 9am-1:30pm	9am
Monday-Sunday 1:30-11pm	10:30am

For the 2 weeks of Spring Break (March 16-27) Contact Tennis Supervisor

- **For groups that did NOT book in Fall 2019: The Block Bookings Draw for Winter 2020 is on December 14**
- **For groups that would like to keep your same Fall 2019 block booking times for Winter 2020, please email your request to the Tennis Supervisor prior to December 6 at <tennis@oakbay.ca>**

Application forms for any "new multiple court block bookings" are available from the Tennis Supervisor.

Note: Payments must be made in full, by cash, VISA/ Mastercard/ American Express or cheque.
Multiple court bookings must submit application to Tennis Supervisor prior to September 10

For example: A 7 week session will cost (Tax included):

Non-Prime Time: ($15.50/hr)
The following costs apply to bookings before 8am and after 8pm on Saturday and Sunday:
1 hour booking: $108.50
1½ hour booking: $162.75
2 hour booking: $217

Prime Time: ($31/hr)
The following costs apply to bookings between 8am and 11:30pm, except after 8pm on Saturday and Sunday:
1 hour booking: $217
1½ hour booking: $325.50
2 hour booking: $434

"BOOK A BUBBLE"

- Lottery draws held in the SportsView Deli Bar & Grill: Saturday, December 14
- Draw times are dependant on request times. Refer to table above.
- Contact Tennis Supervisor prior to draw.

COMPLIMENTARY 20 MINUTE PRIVATE LESSON

Are you finding you are making the same mistakes during your game?
Interested in trying a new racquet in a controlled setting?

Fridays: April 3 / 17 / 24 between 1:30-3:30pm.
Sign up on the Monday prior by emailing tennis@oakbay.ca
New players prioritized if wait-list is required.

NEED PRACTICE?

- **BALL MACHINE RENTALS**
  Call and book the Ball Machine **$7.50 per booking**
  (includes balls but not court time)
- **PLAY A COACH $40 per hour**
  (only available during off-peak times)
  Price includes court rental.
  email: tennis@oakbay.ca

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 and three courts at Windsor Park will be on a reservation system from April 1 to October 31.

- 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 May 1 (ends October 31).
- 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.

2020 Outdoor Court Fees are as follows:

Daylight 1 hour	$9.25
Lighted Play 1 hour	$12.25

2020 OUTDOOR BLOCK BOOKINGS

for April 27-Sept 13, 2020 (20 weeks)
(20 weeks for the price of 17 weeks)
Lottery Draw on Saturday, April 18, 2020
In person registration 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.

$69

SPECIAL PRIVATE LESSON PACKAGE...

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

$345

SEMI-PRIVATE INSTRUCTION

2- 4 people

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

$80.50

SPECIAL SEMI-PRIVATE PACKAGE

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

Adults (18 years +) add Tax $402.50

TENNIS

SPECIAL EVENTS 2020

• Family Tennis Event • Drop-In 2020
Tuesday, January 1
1-3:30pm • Indoor 4-court Tennis Bubble
15 minute complimentary private lessons will be offered.

• New Year's Classic Annual Tennis Tournament 2020
January 3-5 Mixed doubles Triple knockout
January 6-12 Singles & Doubles
Entry deadline: 11pm-Friday, Dec 27
Register through: **www.tennisbc.org**
See page 78 for details

• Middle School League: Team Tennis
Fridays, February 7, March 6, April 3
once a month on first Friday

• Junior Spring Break Tournament
Friday, March 20-Sunday, March 22
$65 singles & doubles, per player
Register through: www.tennisbc.org
Entry deadline Monday, March 2

• Complimentary Private Lessons
Fridays: April 3, 17, 24
20 minute lessons
Register by emailing tennis@oakbay.ca

Free for players taking lessons at Oak Bay Recreation

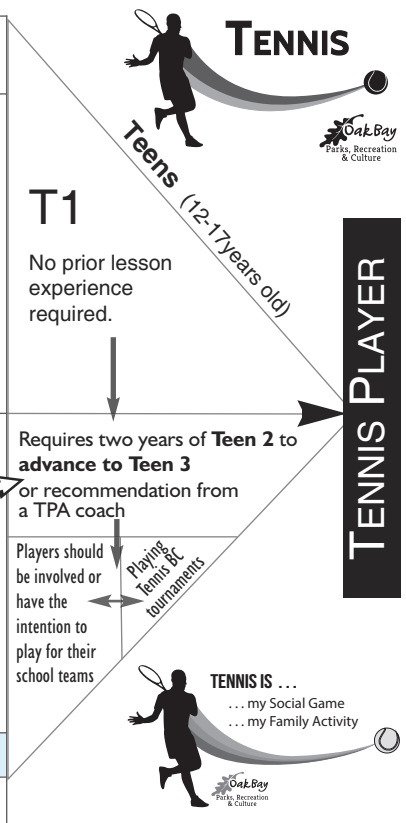
Register at Reception:

• Junior Rogers Rookie Round Robin
Saturday, April 25
Ages: 6-16 years
Entry deadline Thursday, April 23

• Adult/Junior Social Tie-Breaker
Friday, April 17
Entry deadline Monday, April 6

	Lesson Focus	Red Ball (5-7 years old)	Orange Ball (8-9 years old)	Green Ball (10-11 years old)
FUNdamentals Fall / Winter	• Learn to rally (groundstrokes) • **Learn to start a point** (serves, feed, return) • **Learn how to take time away** (volleys, overheads, approach shots)	R1 Beginner to Low Intermediate	O1 Beginner to Low Intermediate	G1 Beginner to Low Intermediate
Tactics Fall / Winter	• Outlast your opponent • Moving your opponent • Power hitter • Net rusher	R2 Requires a complete year to **advance to Orange Ball** or recommendation from a TPA coach	O2 Requires a complete year to **advance to Green Ball** or recommendation from a TPA coach	G2 Requires a complete year to **advance to Teen 2** or recommendation from a TPA coach
Recommended player height		**Red Ball: 3.8 feet**	**Orange Ball: 4.3 feet**	**Green Ball: 4.5 feet**

Note: Moving from Level 1 to Level 2 will probably take 1-2 years.
Moving from Level 2 (Intermediate) to advance play will probably take another 2-3 years



School Tennis February-June

Tennis gym classes being offered at schools,
(a partnership with Tennis BC).
Needing a tennis coach for your school team?
Contact Tennis Supervisor for more information.

JUNIOR ROGERS ROOKIE ROUND ROBIN* Up to 16yrs

Tennis Bubble **April 25** ***FREE / $20**

6-7 yrs
Red Ball 2
Barcode 62858
Sat 1-2pm

8-9 yrs
Orange Ball players
Barcode 62860
Sat 2-3:30pm

10-12 yrs
Green Ball players
Barcode 62861
Sat 3:30-5pm

13+ yrs
Teen Players
Barcode 62862
Sat 5-6:30pm

Entry deadline Wednesday, April 22

Register through TennisBC
*Free for players registered in Winter Lessons!

Middle School: Team Tennis Grades 6-8

MIDDLE SCHOOL TEAM TENNIS - U16 10-13yrs

This program offers juniors in Grade 6-9 across Victoria the opportunity to form a school team with their friends. The teams will consist of 5 players.

Oak Bay Recreation Centre - Tennis Bubble

Feb 7, Mar 6, Apr 3	Fri	5-6:30pm	3/Free	62521

WILD TEAM TENNIS - U8 6-7 yrs

This program offers juniors in Red Ball 2 and Orange Ball 2 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. Individual coaching during the matches will occur.

Oak Bay Recreation Centre - Tennis Bubble **Ed Bakker**

Feb 7, Mar 6, Apr 3	Fri	3:30-5pm	3/Free	62522

PLAY A COACH

$40 per hour

(only available during off-peak times)
Price inlcudes court rental.
Contact Tennis Supervisor to arrange a time and coach.
email: tennis@oakbay.ca

SIGN UP NOW FOR THE
NEW YEAR'S CLASSIC TENNIS TOURNAMENT

January 3-5 Mixed doubles Triple knockout
January 6-12 Singles & Doubles

Entry deadline: 11pm on Friday, December 27

Register on-line with: tennisbc.org

Note: Matches, if registration requires, might be scheduled Wednesday-Thursday, January 1-2.

Ball 1 classes | **Ball 2 classes**

JUNIOR RED BALL 1 (P) 5-7 yrs

Rally zone - ½ 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.

Jan 13-Apr 20	Mon	3:30-4:30pm	$112/11	62017
Jan 15-Apr 22	Wed	3:30-4:30pm	$133/13	62018
Jan 25-Apr 25	Sat	9-10am	$112/11	62019
Jan 26-Apr 26	Sun **{+PG}**	9:30-10:30am	$167/11	62020

JUNIOR RED BALL 2 (P) (T) 6-7 yrs

Rally zone - ½ 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.

Jan 13-Apr 20	Mon	3:30-4:30pm	$117/11	62021
Jan 15-Apr 22	Wed	3:30-4:30pm	$138/13	62022
Jan 25-Apr 25	Sat	9-10am	$117/11	62023
Jan 26-Apr 26	Sun **{+PG}**	9:30-10:30am	$172/11	62024

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.

Jan 13-Apr 20	Mon	4:30-6pm	$161/11	62025
Jan 15-Apr 22	Wed	4:30-6pm	$189/13	62026
Jan 25-Apr 25	Sat	9-10am	$111/11	62027
Jan 26-Apr 26	Sun **{+PG}**	10:30am-noon	$216/11	62028

(P) = Parent Participation- the second to last lesson is 1/2-1 hr. an open invite for parents/guardians to attend!

(T) = Rookie Round Robin Tournament included - Apr 25

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

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

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.

Jan 13-Apr 20	Mon	4:30-6pm	$161/11	62094
Jan 15-Apr 22	Wed	4:30-6pm	$189/13	62095
Jan 25-Apr 25	Sat	9-10am	$111/11	62096
Jan 26-Apr 26	Sun **{+PG}**	10:30am-noon	$216/11	62097

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.

Jan 13-Apr 20	Mon	4:30-6pm	$161/11	62098
Jan 15-Apr 22	Wed	4:30-6pm	$189/13	62099
Jan 25-Apr 25	Sat	10am-11:30am	$161/11	62100
Jan 26-Apr 26	Sun **{+PG}**	Noon-1:30pm	$216/11	62101

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.

Jan 13-Apr 20	Mon	4:30-6pm	$161/11	62102
Jan 15-Apr 22	Wed	4:30-6pm	$189/13	62103
Jan 25-Apr 25	Sat	10am-11:30am	$161/11	62104
Jan 26-Apr 26	Sun **{+PG}**	Noon-1:30pm	$216/11	62105

JUNIOR TEAM TENNIS - RED BALL 3, ORANGE BALL LEVEL 3, GREEN BALL LEVEL 3 AND YELLOW BALL LEVEL 4

This program is designed for 4 friends to train together, as they have decided to take tennis to the next level. Players in this class are expected to participate in two classes, 1/2-1 hr. private lesson and a match per week included in the price. This also includes player support at a local tournament. Prerequisite: Completion of Orange Ball 2, Green Ball 2, Teen Yellow Ball 3 or TPA Instructor recommended.

JUNIOR RED BALL LEVEL 3 — Ed Bakker

Jan 20-Feb 26	Mon, Wed	3:30-4:30pm	$410/11	62524
Mar 2-Apr 22	Mon, Wed	3:30-4:30pm	$410/11	62564

JUNIOR ORANGE BALL LEVEL 3

Jan 20-Feb 26	Mon, Wed	3:30-4:30pm	$410/11	62523
Mar 2-Apr 22	Mon, Wed	3:30-4:30pm	$410/11	62525

JUNIOR GREEN BALL LEVEL 3

Jan 21-Feb 27	Tue, Thu	3:30-5pm	$410/11	65673
Mar 3-Apr 23	Tue, Thu	3:30-5pm	$410/11	65675

TEEN YELLOW BALL LEVEL 4 — Dean Gillis, Joel Hamm

Jan 21-Feb 27	Tue, Thu	3:30-5pm	$410/11	62565
Mar 3-Apr 23	Tue, Thu	3:30-5pm	$410/11	62566

TENNIS EXPERIENCE (CARTE) 8 yrs +

This tennis program is open and inclusive of the learning and support needs for kids with ASD and other neuro-diversities. Children who may have limited speech are also welcome as we use PECS to aid communication. Parents/Guardians are encouraged to stay and observe on the court.

Jan 25-Apr 25	Sat	11:30am-1pm	$151/11	62567

TEEN TENNIS LESSONS

TEEN YELLOW BALL 1 - BEGINNER (P) (T) 12-17 yrs

Rally zone - Full court using low compression balls. 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 Yellow Ball 2-Developmental (Sept - June). At the end of each lesson set, all players registered at the Teen Yellow Ball level are invited to play in a fun mini-tournament on the final weekend.

Jan 14-Apr 21	Tue	3:30-5pm	$238/13	62493
Jan 16-Apr 23	Thu	3:30-5pm	$238/13	62495
Jan 25-Apr 25	Sat	10am-11:30am	$186/10	62496
Jan 26-Apr 26	Sun	1:30-3pm	$186/10	62497

TEEN YELLOW 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 Yellow Ball 3-School Team Tennis (Sept - June). Fun mini-tournament on the final weekend included with registration. Prerequisite: Completion of Teen Yellow Ball 1, Junior Green Ball 2 or TPA Instructor recommended.

Jan 14-Apr 21	Tue	3:30-5pm	$238/13	62498
Jan 16-Apr 23	Thu	3:30-5pm	$238/13	62499
Jan 25-Apr 25	Sat	10am-11:30am	$186/10	62500
Jan 26-Apr 26	Sun	1:30-3pm	$186/10	62501

TEEN YELLOW BALL 3 - SCHOOL TEAM TENNIS (P) (T) 14-17 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 Yellow Ball 2 or TPA Instructor recommended.

Jan 14-Apr 21	Tue	5-6:30pm	$238/13	62502
Jan 16-Apr 23	Thu	5-6:30pm	$238/13	62504
Jan 25-Apr 25	Sat	11:30am-1pm	$186/10	62506
Jan 26-Apr 26	Sun	1:30-3pm	$186/10	62507

TEEN YELLOW BALL 4

Please see page 79

TEEN YELLOW 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. Includes practice courts Monday-Friday, 5-7am.

Contact the Tennis Supervisor to book. **Joel Hamm & Ed Bakker**

Jan 14-Feb 27	Tue,Thu	5-6:30pm	$256/14	62519
Mar 3-Apr 23	Tue,Thu	5-6:30pm	$220/12	62520

SPRING BREAK TENNIS CAMPS

SPRING BREAK TINY STARS TENNIS CAMP 5-7 yrs

This half day camp will be perfect for those Red Ball players looking for a fun filled morning of tennis.

Oak Bay Recreation Centre **Robyn Wein**

Mar 16-20	M-F	9am-noon	$104/5	63150
Mar 23-27	M-F	9am-noon	$104/5	63151

SPRING BREAK JUNIOR/TEEN TENNIS CAMP 8-17 yrs

This half day camp will be perfect for those kids looking for a little taste of tennis and a lot of fun. Participants will be grouped according to age. Maximum eight per instructor during drills. Lunch hour supervision is available for those that want to combine two half days to make a full day camp.

Oak Bay Recreation Centre **Tiara Hobbs**

Mar 16-20	M-F	8:30am-noon	$121/5	63144
Mar 16-20	M-F	1-4:30pm	$121/5	63145
Mar 23-27	M-F	8:30am-noon	$121/5	63146
Mar 23-27	M-F	1-4:30pm	$121/5	63147

SPRING BREAK TENNIS LUNCH TIME CARE 5-12 yrs

Oak Bay Recreation Centre

Mar 16-20	M-F	Noon-1pm	$25/5	63152
Mar 23-27	M-F	Noon-1pm	$25/5	63153

SPRING BREAK JUNIOR/TEEN TENNIS CAMP- COMPETITIVE 8-17 yrs

This half day camp will be perfect for those kids looking preparing for tournament play.

Oak Bay Recreation Centre **Dean Gillis**

Mar 16-19	Mon-Thu	1-4pm	$92/4	63148
Mar 23-27	M-F	1-4pm	$112/5	63149

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 more quickly 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 your 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 16 yrs +

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.

Jan 25-Apr 25	Sat	11:30am-1pm	$175/10	62568
Jan 26-Apr 26	Sun	6:30-8pm	$175/10	62569

TENNIS ADULT LEVEL 2 - NOVICE 16 yrs +

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.

Jan 25-Apr 25	Sat	11:30am-1pm	$175/10	62570
Jan 26-Apr 26	Sun	9-10:30am	$175/10	62572
Jan 26-Apr 26	Sun	6:30-8pm	$175/10	62571

TENNIS ADULT LEVEL 2.5 - LOW INTERMEDIATE 16 yrs +

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.

Jan 14-Feb 27	Tue,Thu	9-10:30am	$244/14	62573
Jan 16-Apr 23	Thu	6:30-8pm	$227/13	62575
Jan 26-Apr 26	Sun	10:30am-noon	$175/10	62576
Jan 26-Apr 26	Sun	Noon-1:30pm	$175/10	62577
Mar 3-Apr 23	Tue,Thu	9-10:30am	$209/12	62574

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 16 yrs +

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.

Jan 14-Feb 27	Tue,Thu	9-10:30am	$244/14	62578
Jan 16-Apr 23	Thu	6:30-8pm	$227/13	62580
Jan 26-Apr 26	Sun	8-9:30pm	$175/10	62581
Mar 3-Apr 23	Tue,Thu	9-10:30am	$209/12	62579

TENNIS ADULT LEVEL 3.5 - HIGH INTERMEDIATE 16 yrs +

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.

Jan 14-Feb 27	Tue,Thu	10:30am-noon	$260/14	62582
Jan 14-Feb 27	Tue,Thu	8-9:30pm	$260/14	62584
Mar 3-Apr 23	Tue,Thu	10:30am-noon	$224/12	62583
Mar 3-Apr 23	Tue,Thu	8-9:30pm	$224/12	62585

TENNIS ADULT LEVEL 4.0 - ADVANCED 16 yrs +

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.

Jan 14-Feb 27	Tue,Thu	6:30-8pm	$260/14	62838
Jan 14-Feb 27	Tue,Thu	8-9:30pm	$260/14	62840
Mar 3-Apr 23	Tue,Thu	6:30-8pm	$224/12	62839
Mar 3-Apr 23	Tue,Thu	8-9:30pm	$224/12	62841

Player Appreciation: COMPLIMENTARY 20 MINUTE PRIVATE LESSON

Are you finding you are making the same mistakes during your game? Interested in trying a new racquet in a controlled setting?

Every Friday. Sign up on the Monday prior by emailing tennis@oakbay.ca

On April 3, 7, & 24 between 1:30-3:30pm

New players prioritized if wait-list is required.

FREE for players taking lessons at Recreation Oak Bay:

Adult Doubles Clinic with Social Tournament • Monday-Thursday • 6-9pm • December 16-19 • Course Code 58328

TENNIS SOCIALS

MIXED SOCIAL 18 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

Jan 16-Feb 27	Thu	Noon-2pm	$130/7	62854
Mar 5-Apr 23	Thu	12am-2am	$112/6	62856

MEN'S SOCIAL 18 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

Jan 15-Feb 26	Wed	7:30-9:30pm	$130/7	62852
Mar 4-Apr 22	Wed	7:30-9:30pm	$112/6	62853

LADIES SOCIAL 18 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 **Dean Gillis**

Jan 14-Feb 25	Tue	Noon-2pm	$130/7	62850
Mar 3-Apr 21	Tue	Noon-2pm	$112/6	62851

PRACTICE & PLAY - INTERMEDIATE 18 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

Jan 13-Feb 24	Mon	6-8pm	$128/6	62842
Jan 14-Feb 25	Tue	6:30-8pm	$113/7	62844
Jan 15-Feb 26	Wed	Noon-2pm	$149/7	62846
Feb 7-Apr 24	Fri	11am-1pm	$190/9	62848
Mar 2-Apr 20	Mon	6-8pm	$108/5	62843
Mar 3-Apr 21	Tue	6:30-8pm	$97/6	62845
Mar 4-Apr 22	Wed	Noon-2pm	$128/6	62847

All Socials are instructor supervised.

CARDIO TENNIS

CARDIO COURT DRILL SESSION 16 yrs +

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.

Feb 3-Apr 20	Mon	9-10am	$112/8	62871
Feb 3-Apr 20	Mon	10am-11am	$112/8	62872
Feb 3-Apr 20	Mon	9am-11am	$224/8	62869
Feb 4-Feb 27	Tue,Thu	7am-8am	$112/8	63005
Feb 4-Feb 27	Tue,Thu	8am-9am	$112/8	63007
Feb 7-Apr 24	Fri	9-10am	$126/9	63003
Feb 7-Apr 24	Fri	10am-11am	$126/9	63004
Feb 7-Apr 24	Fri	9am-11am	$252/9	63002
Mar 3-Apr 23	Tue,Thu	7am-8am	$168/12	63006
Mar 3-Apr 23	Tue,Thu	8am-9am	$168/12	63008

CARDIO COURT - CIRCUIT TRAINING

12 yrs +

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.

Jan 15-Feb 26	Wed	6-7:30pm
	$147/7	62865
Mar 4-Apr 22	Wed	6-7:30pm
	$126/4	62867

TENNIS CLINICS

Mondays	Dynamic Doubles	Great Ground Strokes	Sizzling Serves	Volley Variation	What A Rush
January 13		63009			
20				63012	
27			63014		
February 3					63017
10		63010			
17	Family Day - No Clinic				
24			63015		
March 2	63018				
9		63011			
16 & 23	Spring Break - No Clinics				
30				63013	
April 6			63016		
13	Easter Monday - No Clinic				
20	63019				

Register early as spots fill up!

Mondays 6-7pm - 4 COURT BUBBLE - $21

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

Held at Henderson Recreation Centre

PICKLEBALL LEVEL 1 — 16 yrs+

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 sport at Pickleball Level 1 where you will be provided with an introduction to the game, rules, basic shots, and strategy. Paddles are supplied.

Jan 8-Feb 26	Wed	Noon-1:15pm	$78/8	61516
Mar 5-Apr 23	Thu	Noon-1:15pm	$59/6	61518

PICKLEBALL LEVEL 2 — 16 yrs+

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. Paddles are supplied.

Jan 9-Feb 27	Thu	Noon-1:15pm	$78/8	61519
Mar 4-Apr 22	Wed	Noon-1:15pm	$59/6	61521

PICKLEBALL LEVEL 3 — 16 yrs+

Learn the next step up in techniques, strategies and drills for improvement. This course will further cover serve, 2nd shot, smash, lob, volley, attacking and defending. this course would benefit players 3.0 playing ability and above. Paddles are supplied.

Jan 6-Feb 24	Mon	9:30-10:45am	$68/7	61527
Mar 2-Apr 20	Mon	9:30-10:45am	$49/5	61528

PICKLEBALL - SOCIAL

PICKLEBALL TUESDAY NIGHT SOCIAL — 18 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

Jan 14-Feb 25	Tue	6:45-8:45pm	$62/7	61514
Mar 3-Apr 21	Tue	6:45-8:45pm	$53/6	61515

Henderson Recreation Centre Gym

Bring your own paddle and ball. For 16 yrs+

PICKLEBALL DROP-IN Now until June 19, 2020

Monday: 10:45am-12:45pm
Tuesday: 1:15-3:15pm
Wednesday: 1:15-3:15pm
Thursday: 1:15-3:15pm
Friday: 10:45am-12:45pm

SUMMER DROP-IN
Sunday, Jul 2-Aug 30: 11am-1pm • Friday, Jul 10-Aug 28: 5:30-7:30pm

PICKLEBALL RENT-A-COURT Now until June 19, 2020
$14 court/per hour • 250-370-7201

Monday: 9:45-10:45am
Tuesday: 12:15-1:15pm
Wednesday: Noon-1:15pm
Thursday: 12:15-1:15pm
Thursday: 1:15-3:15pm

Courts may be rented one week in advance
by calling 250-370-7201 after 8am or
sign-up online for Pickleball, up to 24 hours in advance at: oakbayrec.perfectmind.com

NOTE: Rent-a-Court shares space with lessons and has two (2) courts available.
Drop-in has three (3) courts guaranteed but if demand exists they will be shared with private lessons or Rent-a-Court.
The 4th court will open up for drop-in if not reserved one (1) week in advance.

In order to prevent being charged for a booking you do not intend to use, please be sure to cancel at least 4 hours prior to your playing time.

OUTDOOR PICKLEBALL BLOCK BOOKINGS - CARNARVON PARK

April 27 - September 20 • (21 weeks) • Draw: January 17, 2020
(21 weeks for the price of 18 weeks to account for rain days)

Outdoor Court Fee: Starting March 2020 • $9.25 per hour

Register in Person from 3:30-3:45pm.
Draw starts at 4pm sharp!
Held at Henderson Recreation Centre

Note: If there are Tournament conflicts, Block Booking reservations will be notified of alternative arrangements.

L.I.F.E. = LEISURE INVOLVEMENT FOR EVERYONE

Are you living on a fixed or low income? Visit one of our three Oak Bay Recreation Centre Reception desks and ask about L.I.F.E. The L.I.F.E. program is designed to assist individuals and families with low income to access recreation services and programs at all municipal recreation centres in Greater Victoria. For more information on how to apply please see our website at www.oakbay.ca/parks-recreation/rates-schedules/rates-passes/financial-assistance/life or contact Reception at 250-595-7946.