



## 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)**

- \$15 per hour before 8am daily and after 8pm on Saturdays and Sundays.
- \$30 per hour between 8am and 11:30pm, Monday-Friday..
- Economy Tickets: 6 hours (10% savings) (**expiration date December 31, 2018**).
- Kids Courts \$15 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.

## INDOOR BLOCK BOOKINGS

Online registration coming in the near future!

January 14 - March 17 (9 weeks)

April 1 - April 28 (4 weeks)

**Draw: Saturday, December 15**

Draw registration opens precisely at 9am in the SportView Lounge

*For the 2 weeks of Spring Break (March 18-29) Contact Tennis Supervisor*

- **For groups that did not book in Fall 2018: Block Bookings** opens at 9am, December 15:  
Court times available: **Monday-Friday: 9am-1:30pm** and **Monday-Thursday: 5-9:30pm**
- **For groups that would like to keep your same Fall 2018 block booking times for Winter 2019,** please email your request to the Tennis Supervisor prior to December 5 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 December 12

**For example: A 9 week session will cost** (Tax included):

**Non-Prime Time:** (\$15/hr)

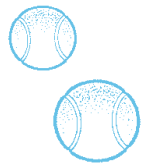
The following costs apply to bookings before 8am and after 8pm on Saturday and Sunday:

- 1 hour booking: \$135
- 1½ hour booking: \$203
- 2 hour booking: \$270

**Prime Time:** (\$30/hr)

The following costs apply to bookings between 8am and 11:30pm, except after 8pm on Saturday and Sunday:

- 1 hour booking: \$270
- 1½ hour booking: \$405
- 2 hour booking: \$540

**“BOOK A BUBBLE”**

- Lottery draws held in the Sports View Deli Bar & Grill: Saturday, December 15
- Register at 8-8:45am. Draw starts 9am sharp!
- 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?*

**Every Friday starting April 5-26** between 1:30-3:30pm.

Sign up on the Monday prior through Reception or online after 9am.  
New players prioritized if wait-list is required.

**NEED PRACTICE?**• **BALL MACHINE RENTALS**

*Call and book the Ball Machine* **\$7.25** per booking  
(includes balls but not court time)

• **PLAY A COACH \$35** 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.
- 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.

**2019 Outdoor Court Fees are as follows:** (March 2019)

|                                     |         |
|-------------------------------------|---------|
| Daylight 1 hour                     | \$9     |
| Lighted Play 1 hour                 | \$11.75 |
| Economy Tickets: 6 hours (save 10%) |         |
| (expires October 31, 2019)          |         |

### OUTDOOR BLOCK BOOKINGS

**for April 29-Sept 9, 2019 (19 weeks)**

*(19 weeks for the price of 16 weeks)*

Lottery Draw on Saturday, April 13, 2019

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.

**\$68**

### SPECIAL PRIVATE LESSON PACKAGE...

Take advantage of 6 lessons for the price of 5.

Six hours indoor or outdoor.

**\$340**

Adults (18 years +) add Tax

### SEMI-PRIVATE INSTRUCTION

2- 4 people

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

**\$79**

### SPECIAL SEMI-PRIVATE PACKAGE

Take advantage of 6 lessons for the price of 5.

Six hours indoor or outdoor.

**\$395**

**TENNIS**

## SPECIAL EVENTS 2018-2019

#### • Family Tennis Event • Drop-In 2019

**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 2019

**January 4-6** Mixed doubles Triple knockout

**January 7-13** Singles & Doubles

Entry deadline: 11pm-Friday, Dec 21  
Register through: [www.tennisbc.org](http://www.tennisbc.org)  
See page 78 for details

#### • Junior League: Team Tennis

**Fridays, February 8-April 12**

once a month on Fridays

#### • Junior Spring Break Tournament

**Friday, March 22-Sunday, March 24**

\$65 singles & doubles, per player

Register through: [www.tennisbc.org](http://www.tennisbc.org)

Entry deadline Monday, March 4

#### • Complimentary Private Lessons

**Fridays: April 5-26** - 20 minute lessons

Register at Reception or online on Mondays

**Free for players taking lessons at Oak Bay Recreation**  
Register at Reception:

#### • Junior Rogers Rookie Round Robin

Ages: 6-16 years

**Saturday, April 27**

Entry deadline Thursday, April 25

#### • Adult/Junior Social Tie-Breaker

**Friday, April 12**

Entry deadline Monday, April 8

|                                                                                                                                                                          | Lesson Focus                                                                                                                                                                                                                          | Red Ball<br>(5-7 years old)                                                                                          | Orange Ball<br>(8-9 years old)                                                                                      | Green Ball<br>(10-11 years old)                                                                                 |                                                                                               |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>FUNDAMENTALS</b><br>Fall<br>Winter                                                                                                                                    | <ul style="list-style-type: none"> <li>Learn to rally (groundstrokes)</li> <li><b>Learn to start a point</b> (serves, feed, return)</li> <li><b>Learn how to take time away</b> (volleys, overheads, approach shots)</li> </ul>       | <p><b>R1</b></p> <p>Beginner to Low Intermediate</p>                                                                 | <p><b>O1</b></p> <p>Beginner to Low Intermediate</p>                                                                | <p><b>G1</b></p> <p>Beginner to Low Intermediate</p>                                                            | <b>TENNIS</b><br>Teens (12-17 years old)<br><b>T1</b><br>No prior lesson experience required. |
|                                                                                                                                                                          | <p>Requires two years of <b>Teen 2</b> to advance to <b>Teen 3</b> or recommendation from a TPA coach</p> <p>Players should be involved or have the intention to play for their school teams</p> <p>Playing Tennis BC tournaments</p> |                                                                                                                      |                                                                                                                     |                                                                                                                 |                                                                                               |
| <b>TACTICS</b><br>Fall<br>Winter                                                                                                                                         | <ul style="list-style-type: none"> <li>Outlast your opponent</li> <li>Moving your opponent</li> <li>Power hitter</li> <li>Net rusher</li> </ul>                                                                                       | <p><b>R2</b></p> <p>Requires a complete year to <b>advance to Orange Ball</b> or recommendation from a TPA coach</p> | <p><b>O2</b></p> <p>Requires a complete year to <b>advance to Green Ball</b> or recommendation from a TPA coach</p> | <p><b>G2</b></p> <p>Requires a complete year to <b>advance to Teen 2</b> or recommendation from a TPA coach</p> | <b>TENNIS ...</b><br>... my Social Game<br>... my Family Activity                             |
|                                                                                                                                                                          | <p>Requires two years of <b>Teen 2</b> to advance to <b>Teen 3</b> or recommendation from a TPA coach</p>                                                                                                                             |                                                                                                                      |                                                                                                                     |                                                                                                                 |                                                                                               |
| Recommended player height                                                                                                                                                |                                                                                                                                                                                                                                       | Red Ball: 3.8 feet                                                                                                   | Orange Ball: 4.3 feet                                                                                               | Green Ball: 4.5 feet                                                                                            | <b>TENNIS PLAYER</b>                                                                          |
| <p><b>Note:</b> 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</p> |                                                                                                                                                                                                                                       |                                                                                                                      |                                                                                                                     |                                                                                                                 |                                                                                               |

TENNIS

**JUNIOR ROGERS ROOKIE ROUND ROBIN\*** Up to 16yrs

Tennis Bubble April 27 \*FREE / \$20

**6-7 yrs**  
**Red Ball 2**  
 Barcode 38886  
 Sat 3-4pm

**10-12 yrs**  
**Green Ball players**  
 Barcode 38889  
 Sat 5-6pm

**8-9 yrs**  
**Orange Ball players**  
 Barcode 38888  
 Sat 4-5pm

**13+ yrs**  
**Teen Players**  
 Barcode 38890  
 Sat 6-7:30pm

Entry deadline Thursday, April 25  
 Register through Recreation Oak Bay Reception  
 \*Free for players registered in Winter Lessons!

**New! 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 League: Team Tennis**

Partnering with other Recreation Centres, 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.

**TEAM TENNIS - U16** 8-16 yrs  
 5-6:30pm Feb 8-Apr 5 3/Free 38595

**WILD TEAM TENNIS - U8** 6-7 yrs  
 Red Ball 2 and Orange Ball 1  
 4-5pm Feb 8-Apr 5 3/Free 38596



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

**January 4-6** Mixed doubles Triple knockout  
**January 7-13** Singles & Doubles  
**Entry deadline: 11pm on Friday, December 21**  
**Register on-line with: tennisbc.org**

Note: Matches, if registration requires, might be scheduled Wednesday-Thursday, January 2-4.

## Winter Ball 1 classes



### JUNIOR RED BALL 1

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.

|               |                  |                     |          |       |
|---------------|------------------|---------------------|----------|-------|
| Jan 14-Apr 15 | Mon              | 3:30-4:30pm         | \$110/11 | 38440 |
| Jan 16-Apr 24 | Wed              | 3:30-4:30pm         | \$130/13 | 38441 |
| Jan 19-Apr 27 | Sat              | 9-10am              | \$100/10 | 38443 |
| Jan 20-Apr 28 | Sun <b>{+PG}</b> | <u>9:30-10:30am</u> | \$150/10 | 38444 |

### JUNIOR RED BALL 2

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.

|               |                  |                     |          |       |
|---------------|------------------|---------------------|----------|-------|
| Jan 14-Apr 15 | Mon              | 3:30-4:30pm         | \$115/11 | 38445 |
| Jan 16-Apr 24 | Wed              | 3:30-4:30pm         | \$135/13 | 38446 |
| Jan 19-Apr 27 | Sat              | 9-10am              | \$105/10 | 38447 |
| Jan 20-Apr 28 | Sun <b>{+PG}</b> | <u>9:30-10:30am</u> | \$155/10 | 38448 |

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

**(T)**=Rookie Round Robin Tournament included - April 27

**(+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!

## 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 that time.

## Winter Ball 2 classes



**(P)**

5-7 yrs

### 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 14-Apr 15 | Mon              | 4:30-6pm            | \$159/11 | 38449 |
| Jan 16-Apr 24 | Wed              | 4:30-6pm            | \$186/13 | 38450 |
| Jan 19-Apr 27 | Sat              | 9-10am              | \$100/10 | 38452 |
| Jan 20-Apr 28 | Sun <b>{+PG}</b> | <u>10:30am-noon</u> | \$195/10 | 38453 |

### 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 14-Apr 15 | Mon              | 4:30-6pm            | \$159/11 | 38454 |
| Jan 16-Apr 24 | Wed              | 4:30-6pm            | \$186/13 | 38455 |
| Jan 19-Apr 27 | Sat              | 9-10am              | \$100/10 | 38456 |
| Jan 20-Apr 28 | Sun <b>{+PG}</b> | <u>10:30am-noon</u> | \$195/10 | 38458 |

### 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 14-Apr 15 | Mon | 4:30-6pm     | \$159/11 | 38459 |
| Jan 16-Apr 24 | Wed | 4:30-6pm     | \$186/13 | 38460 |
| Jan 19-Apr 27 | Sat | 10am-11:30am | \$145/10 | 38461 |
| Jan 20-Apr 28 | Sun | 12-1:30pm    | \$195/10 | 38462 |

### 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 14-Apr 15 | Mon | 4:30-6pm     | \$159/11 | 38463 |
| Jan 16-Apr 24 | Wed | 4:30-6pm     | \$186/13 | 38464 |
| Jan 19-Apr 27 | Sat | 10am-11:30am | \$145/10 | 38465 |
| Jan 20-Apr 28 | Sun | 12-1:30pm    | \$195/10 | 38466 |

TENNIS

## TEEN TENNIS LESSONS

### TEEN YELLOW 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 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 15-Apr 23 | Tue | 3:30-5pm     | \$233/13 | 38580 |
| Jan 17-Apr 25 | Thu | 3:30-5pm     | \$233/13 | 38581 |
| Jan 20-Apr 28 | Sun | 1:30-3pm     | \$183/10 | 38583 |
| Jan 19-Apr 27 | Sat | 10am-11:30am | \$183/10 | 38582 |

### 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 15-Apr 23 | Tue | 3:30-5pm     | \$233/13 | 38584 |
| Jan 17-Apr 25 | Thu | 3:30-5pm     | \$233/13 | 38585 |
| Jan 20-Apr 28 | Sun | 1:30-3pm     | \$183/10 | 38587 |
| Jan 19-Apr 27 | Sat | 10am-11:30am | \$183/10 | 38586 |

### 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 15-Apr 23 | Tue | 5-6:30pm    | \$233/13 | 38588 |
| Jan 17-Apr 25 | Thu | 5-6:30pm    | \$233/13 | 38589 |
| Jan 19-Apr 27 | Sat | 11:30am-1pm | \$183/10 | 38590 |
| Jan 20-Apr 28 | Sun | 1:30-3pm    | \$183/10 | 38591 |

### 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.

|               |         |          |          |       |
|---------------|---------|----------|----------|-------|
| Jan 15-Feb 28 | Tue,Thu | 5-6:30pm | \$251/14 | 38593 |
| Mar 5-Apr 25  | Tue,Thu | 5-6:30pm | \$215/12 | 38594 |

## CARDIO TENNIS



### PLAY A COACH

**\$35** per hour

(only available during off-peak times)

Price includes court rental.

Contact Tennis Supervisor  
to arrange a time and coach.

email: tennis@oakbay.ca

### CARDIO COURT

#### 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 4-Apr 15 | Mon     | 9-10am  | \$110/8  | 38908 |
| Feb 4-Apr 15 | Mon     | 9-11am  | \$220/8  | 38907 |
| Feb 4-Apr 15 | Mon     | 10-11am | \$110/8  | 38909 |
| Feb 5-Feb 28 | Tue,Thu | 7-8am   | \$110/8  | 38913 |
| Feb 5-Feb 28 | Tue,Thu | 8-9am   | \$110/8  | 38915 |
| Feb 8-Apr 26 | Fri     | 9-10am  | \$124/9  | 38911 |
| Feb 8-Apr 26 | Fri     | 10-11am | \$124/9  | 38912 |
| Feb 8-Apr 26 | Fri     | 9-11am  | \$248/9  | 38910 |
| Mar 5-Apr 25 | Tue,Thu | 7-8am   | \$165/12 | 38914 |
| Mar 5-Apr 25 | Tue,Thu | 8-9am   | \$165/12 | 38916 |

#### 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 16-Feb 27 | Wed | 6-7:30pm | \$144/7 | 38905 |
| Mar 6-Apr 24  | Wed | 6-7:30pm | \$124/6 | 38906 |

**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 19-Apr 27 | Sat | 11:30am-1pm | \$172/10 | 38598 |
| Jan 20-Apr 28 | Sun | 6:30-8pm    | \$172/10 | 38600 |

### 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 19-Apr 27 | Sat | 11:30am-1pm | \$172/10 | 38601 |
| Jan 20-Apr 28 | Sun | 9am-10:30am | \$172/10 | 38602 |
| Jan 20-Apr 28 | Sun | 6:30-8pm    | \$172/10 | 40628 |

### 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 15-Feb 28 | Tue,Thu | 9-10:30am           | \$239/14 | 38748 |
| Mar 5-Apr 25  | Tue,Thu | 9-10:30am           | \$205/12 | 38749 |
| Jan 17-Apr 25 | Thu     | 6:30-8pm            | \$222/13 | 38750 |
| Jan 20-Apr 28 | Sun     | <u>10:30am-noon</u> | \$172/10 | 38751 |
| Jan 20-Apr 28 | Sun     | <u>Noon-1:30pm</u>  | \$172/10 | 38752 |

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 15-Feb 28 | Tue,Thu | 9-10:30am       | \$239/14 | 38753 |
| Mar 5-Apr 25  | Tue,Thu | 9-10:30am       | \$205/12 | 38754 |
| Jan 17-Apr 25 | Thu     | 6:30-8pm        | \$222/13 | 38755 |
| Jan 20-Apr 28 | Sun     | <u>8-9:30pm</u> | \$172/10 | 38756 |

### 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 15-Feb 28 | Tue,Thu | 10:30am-noon | \$255/14 | 38757 |
| Jan 15-Feb 28 | Tue,Thu | 8-9:30pm     | \$255/14 | 38759 |
| Mar 5-Apr 25  | Tue,Thu | 10:30am-noon | \$219/12 | 38758 |
| Mar 5-Apr 25  | Tue,Thu | 8-9:30pm     | \$219/12 | 38760 |

### 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 15-Feb 28 | Tue,Thu | 6:30-8pm | \$255/14 | 38761 |
| Jan 15-Feb 28 | Tue,Thu | 8-9:30pm | \$255/14 | 38763 |
| Mar 5-Apr 25  | Tue,Thu | 6:30-8pm | \$219/12 | 38762 |
| Mar 5-Apr 25  | Tue,Thu | 8-9:30pm | \$219/12 | 38764 |

## 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 through Reception or online after 9am.

Starting April 5-26 between 1:30-3:30pm

New players prioritized if wait-list is required.

## 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 17-Feb 28 | Thu | 12-2pm | \$128/7 | 38884 |
| Mar 7-Apr 25  | Thu | 12-2pm | \$110/6 | 38885 |

**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 16-Feb 27 | Wed | 7:30-9:30pm | \$128/7 | 38882 |
| Mar 6-Apr 24  | Wed | 7:30-9:30pm | \$110/6 | 38883 |

**LADIES SOCIALS**

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**

|               |     |          |         |       |
|---------------|-----|----------|---------|-------|
| Jan 15-Feb 26 | Tue | 11am-1pm | \$128/7 | 38880 |
| Mar 5-Apr 23  | Tue | 11am-1pm | \$110/6 | 38881 |

*All Socials are instructor supervised.*



## PRACTICE &amp; PLAY

**PRACTICE & PLAY - NOVICE**

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 20-Mar 3  | Sun | 8-10pm   | \$106/5 | 38874 |
| Mar 10-Apr 28 | Sun | 8-10pm   | \$106/5 | 38878 |
| Feb 4-Apr 15  | Mon | 11am-1pm | \$167/8 | 38879 |

**PRACTICE & PLAY - INTERMEDIATE**

18 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**

|               |     |          |         |       |
|---------------|-----|----------|---------|-------|
| Jan 14-Feb 25 | Mon | 6-8pm    | \$126/6 | 38765 |
| Mar 4-Apr 15  | Mon | 6-8pm    | \$106/5 | 38766 |
| Jan 15-Feb 26 | Tue | 6:30-8pm | \$111/7 | 38767 |
| Mar 5-Apr 23  | Tue | 6:30-8pm | \$95/6  | 38768 |
| Jan 16-Feb 27 | Wed | 12-2pm   | \$146/7 | 38769 |
| Mar 6-Apr 24  | Wed | 12-2pm   | \$126/6 | 38770 |
| Feb 8-Apr 26  | Fri | 11am-1pm | \$187/9 | 38771 |

## TENNIS CLINICS

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.

| Mondays    | Dynamic Doubles          | Great Ground Strokes | Sizzling Serves | Volley Variation | What A Rush |
|------------|--------------------------|----------------------|-----------------|------------------|-------------|
| January 14 |                          | 38917                |                 |                  |             |
| 21         |                          |                      |                 | 38920            |             |
| 28         |                          |                      | 38923           |                  |             |
| February 4 |                          |                      |                 |                  | 38926       |
| 11         |                          | 38918                |                 |                  |             |
| 18         | Family Day -no clinic    |                      |                 |                  |             |
| 25         |                          |                      | 38924           |                  |             |
| March 4    | 38927                    |                      |                 |                  |             |
| 11         |                          | 38919                |                 |                  |             |
| 18 + 25    | Spring Break -no clinics |                      |                 |                  |             |
| April 1    |                          |                      |                 | 38922            |             |
| 8          |                          |                      | 38925           |                  |             |
| 15         | 38928                    |                      |                 |                  |             |

## 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.

### Henderson Recreation Centre

|               |     |           |        |       |
|---------------|-----|-----------|--------|-------|
| Jan 16-Feb 27 | Wed | 12-1:15pm | \$52/7 | 38556 |
| Mar 7-Apr 25  | Thu | 12-1:15pm | \$45/6 | 38560 |

## 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.

### Henderson Recreation Centre

|               |     |           |        |       |
|---------------|-----|-----------|--------|-------|
| Jan 17-Feb 28 | Thu | 12-1:15pm | \$52/7 | 38566 |
| Mar 6-Apr 24  | Wed | 12-1:15pm | \$45/6 | 38565 |

## 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.

### Henderson Recreation Centre

|               |     |              |        |       |
|---------------|-----|--------------|--------|-------|
| Jan 14-Feb 25 | Mon | 9:30-10:45am | \$45/6 | 38576 |
| Mar 4-Apr 15  | Mon | 9:30-10:45am | \$38/5 | 38577 |



See page 37 for the Drop-in Pickleball and rent-a-court schedule at Henderson Recreation Centre.

## 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 15-Feb 26 | Tue | 6:45-8:45pm | \$59/7 | 38578 |
| Mar 5-Apr 23  | Tue | 6:45-8:45pm | \$51/6 | 38579 |

Drop-in and Rent-A-Court times available at Henderson Recreation Centre. See page 37 for details.

## OUTDOOR PICKLEBALL BLOCK BOOKINGS - CARNARVON PARK

April 29 - September 9 • (19 weeks) • Draw: January 19, 2019

(19 weeks for the price of 16 weeks (to account for rain days)

Outdoor Court Fee: March 2019 • \$9 per hour

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

Register in Person from 8:30-8:45am.

Draw starts at 9am sharp!

Held at Henderson Recreation Centre

*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

PICKLEBALL

recreation.oakbay.ca