



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

Fall Indoor Court Fees are as follows: (TAX INCLUDED) September 9-December 31

- \$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 May 1 - September 8, 2019

- \$15 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

September 16 - November 3 (7 weeks)

November 4 - December 15 (6 weeks)



Draw: Saturday, September 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 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 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 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

TENNIS

“BOOK A BUBBLE”

- Lottery draws held in the SportsView Deli Bar & Grill: Saturday, September 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: November 15 - December 6 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 **\$7.50** 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 14, 2020 (20 weeks)
(20 weeks for the price of 17 weeks)
 Lottery Draw on Saturday, April 12, 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

Adults (18 years +) add Tax

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.

\$402.50

TENNIS

SPECIAL EVENTS 2019-2020

• Complimentary Private Lessons

Fridays: November 15-December 4
 Free 20 minute lessons

Register at Reception
 on Mondays after 9am for requested
 time between 1:30-3:30pm

• Victoria Indoor Junior Tournament

Thursday-Sunday, Dec 20-22

\$45 - includes 1 singles
 & 1 doubles event

Register through:
www.tennisbc.org

Entry deadline Monday, December 2

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

• Junior Rogers Rookie Round Robin

Ages: 6-16 years

Saturday, December 7

Entry deadline Thursday, Nov. 27

**• Adult Doubles Clinic
 with Social Tournament**

Monday-Thursday, 6-9pm

December 16-19

(Course code 58328)

• Family Tennis Event • Drop-In 2020

Wednesday, January 1

1-3:45pm • Indoor 4-court Tennis Bubble
 20 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

	Lesson Focus	Red Ball (5-7 years old)	Orange Ball (8-9 years old)	Green Ball (10-11 years old)	
FUNDAMENTALS Fall Winter	<ul style="list-style-type: none"> 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	T1 No prior lesson experience required.
	Fall Winter	<ul style="list-style-type: none"> 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	
Recommended player height		Red Ball: 3.8 feet	Orange Ball: 4.3 feet	Green Ball: 4.5 feet	

TENNIS

Teens (12-17 years old)

TENNIS PLAYER

TENNIS IS ...
 ... my Social Game
 ... my Family Activity

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

TENNIS

JUNIOR ROGERS ROOKIE ROUND ROBIN* Up to 16yrs

Tennis Bubble	December 7	*FREE / \$20
6-7 yrs	10-12 yrs	
Red Ball 2	Green Ball players	
Barcode 56710	Barcode 56712	
Sat 1-2pm	Sat 3:30-5pm	
8-9 yrs	13+ yrs	
Orange Ball players	Teen Players	
Barcode 56711	Barcode 56713	
Sat 2-3:30pm	Sat 5-6:30pm	

Entry deadline Wednesday, November 27
 Register through TennisBC
 *Free for players registered in fall Lessons!

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.

Middle School: Team Tennis Grades 6-9

MIDDLE SCHOOL TEAM TENNIS - U16 11-14yrs

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, to allow for two doubles matches and a singles match to be played.

Oak Bay Recreation Centre - Tennis Bubble
 Oct 4-Dec 6 Fri 5-6:30pm 3/Free 56708

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**
 Oct 4-Dec 6 Fri 3:30-5pm 3/Free 56709

TODAY...

I PLAY TENNIS TO WIN!

New Year's Classic 2020

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



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.

Sep 9-Dec 2	Mon	3:30-4:30pm	\$112/11	55731
Sep 11-Dec 4	Wed	3:30-4:30pm	\$133/13	55753
Sep 14-Dec 7	Sat	9-10am	\$112/11	55754
Sep 15-Dec 8	Sun {+PG}	9:30-10:30am	\$167/11	55778

JUNIOR RED BALL 2



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.

Sep 9-Dec 2	Mon	3:30-4:30pm	\$117/11	55798
Sep 11-Dec 4	Wed	3:30-4:30pm	\$138/13	55799
Sep 14-Dec 7	Sat	9-10am	\$117/11	55803
Sep 15-Dec 8	Sun {+PG}	9:30-10:30am	\$172/11	55804

JUNIOR ORANGE BALL 1



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.

Sep 9-Dec 2	Mon	4:30-6pm	\$161/11	55831
Sep 11-Dec 4	Wed	4:30-6pm	\$189/13	55832
Sep 14-Dec 7	Sat	9-10am	\$111/11	55859
Sep 15-Dec 8	Sun {+PG}	10:30am-noon	\$216/11	55860

(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 - Dec 7

(+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



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.

Sep 9-Dec 2	Mon	4:30-6pm	\$161/11	56682
Sep 11-Dec 4	Wed	4:30-6pm	\$189/13	56683
Sep 14-Dec 7	Sat	9-10am	\$111/11	56684
Sep 15-Dec 8	Sun {+PG}	10:30am-noon	\$216/11	56685

JUNIOR GREEN BALL 1



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.

Sep 9-Dec 2	Mon	4:30-6pm	\$161/11	56686
Sep 11-Dec 4	Wed	4:30-6pm	\$189/13	56687
Sep 14-Dec 7	Sat	10-11:30am	\$161/11	56688
Sep 15-Dec 8	Sun	Noon-1:30pm	\$216/11	56689

JUNIOR GREEN BALL 2



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.

Sep 9-Dec 2	Mon	4:30-6pm	\$161/11	56690
Sep 11-Dec 4	Wed	4:30-6pm	\$189/13	56691
Sep 14-Dec 7	Sat	10-11:30am	\$161/11	56692
Sep 15-Dec 8	Sun	Noon-1:30pm	\$216/11	56693

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. Prerequisite: Completion of Orange Ball 2, Green Ball 2, Teen Yellow Ball 3 or TPA Instructor recommended.

- JUNIOR RED BALL LEVEL 3

Ed Bakker

Sep 9- Oct 21	Mon, Wed	3:30-4:30pm	\$370/13	58273
Oct 28-Dec 4	Mon, Wed	3:30-4:30pm	\$365/11	58274

- JUNIOR ORANGE BALL LEVEL 3

Dean Gillis

Sep 9- Oct 21	Mon, Wed	3:30-4:30pm	\$370/13	56889
Oct 28-Dec 4	Mon, Wed	3:30-4:30pm	\$365/11	56891

- JUNIOR GREEN BALL LEVEL 3

Joel Hamm

Sep 10- Oct 24	Tue, Thu	3:30-5pm	\$385/14	56890
Oct 29-Dec 5	Tue, Thu	3:30-5pm	\$365/11	56892

- TEEN YELLOW BALL 4

Dean Gillis

Sep 10- Oct 24	Tue, Thu	3:30-5pm	\$385/14	56893
Oct 29-Dec 5	Tue, Thu	3:30-5pm	\$365/11	56894

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.

Sep 14-Dec 7	Sat	11:30am-1pm	\$151/11	57014
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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.

Sep 10-Dec 2	Tue	3:30-5pm	\$243/13	56694
Sep 12-Dec 5	Thu	3:30-5pm	\$225/12	56695
Sep 14-Dec 7	Sat	10-11:30am	\$208/11	56696
Sep 15-Dec 8	Sun	1:30-3pm	\$208/11	56697

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.

Sep 10-Dec 2	Tue	3:30-5pm	\$243/13	56698
Sep 12-Dec 5	Thu	3:30-5pm	\$225/12	56699
Sep 15-Dec 8	Sun	1:30-3pm	\$208/11	56701
Sep 14-Dec 7	Sat	10-11:30am	\$208/11	56700

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.

Sep 10-Dec 2	Tue	5-6:30pm	\$243/13	56702
Sep 12-Dec 5	Thu	5-6:30pm	\$225/12	56703
Sep 14-Dec 7	Sat	11:30am-1pm	\$208/11	56704
Sep 15-Dec 8	Sun	1:30-3pm	\$208/11	56705

TEEN YELLOW BALL 4 Please see page 73**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

Sep 10-Oct 24	Tue, Thu	5-6:30pm	\$256/14	56706
Oct 29-Dec 5	Tue, Thu	5-6:30pm	\$201/11	56707

CARDIO TENNIS

**PLAY A COACH****\$40 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.

Sep 10-Oct 24	Tue, Thu	7-8am	\$196/14	56612
Sep 10-Oct 24	Tue, Thu	8-9am	\$196/14	56614
Oct 29-Dec 12	Tue, Thu	7-8am	\$196/14	56613
Oct 29-Dec 12	Tue, Thu	8-9am	\$196/14	56615
Nov 4-Dec 9	Mon	9-10am	\$70/5	56716
Nov 4-Dec 9	Mon	9-11am	\$140/15	56715
Nov 4-Dec 9	Mon	10-11am	\$70/5	56717
Nov 8-Dec 13	Fri	9-10am	\$84/6	56719
Nov 8-Dec 13	Fri	10-11am	\$84/6	56720
Nov 8-Dec 13	Fri	9-11am	\$168/6	56718

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.

Sep 11-Oct 23	Wed	6-7:30pm	\$147/7	56574
Oct 30-Dec 4	Wed	6-7:30pm	\$126/6	56576

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.

Sep 14-Dec 7	Sat	11:30am-1pm	\$192/11	55949
Sep 15-Dec 8	Sun	6:30-8pm	\$192/11	55951

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.

Sep 14-Dec 7	Sat	11:30am-1pm	\$192/11	55954
Sep 15-Dec 8	Sun	9-10:30am	\$192/11	55955
Sep 15-Dec 8	Sun	6:30-8pm	\$192/11	55956

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.

Sep 10-Oct 24	Tue, Thu	9-10:30am	\$244/14	55957
Oct 29-Dec 12	Tue, Thu	9-10:30am	\$244/14	55958
Sep 12-Dec 5	Thu	6:30-8pm	\$209/12	55959
Sep 15-Dec 8	Sun	<u>10:30am-noon</u>	\$192/11	55965
Sep 15-Dec 8	Sun	<u>Noon-1:30pm</u>	\$192/11	55966

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.

Sep 10-Oct 24	Tue, Thu	9-10:30am	\$244/14	55986
Oct 29-Dec 12	Tue, Thu	9-10:30am	\$244/14	55987
Sep 12-Dec 5	Thu	6:30-8pm	\$209/12	55988
Sep 15-Dec 8	Sun	8-9:30pm	\$192/11	55989

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.

Sep 10-Oct 24	Tue, Thu	10:30am-noon	\$260/14	56428
Sep 10-Oct 24	Tue, Thu	8-9:30pm	\$260/14	58298
Oct 29-Dec 12	Tue, Thu	10:30am-noon	\$260/14	56427
Oct 29-Dec 5	Tue, Thu	8-9:30pm	\$205/11	56446

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.

Sep 10-Oct 24	Tue, Thu	6:30-8pm	\$260/14	58297
Sep 10-Oct 24	Tue, Thu	8-9:30pm	\$260/14	56450
Oct 29-Dec 5	Tue, Thu	6:30-8pm	\$205/11	56448
Oct 29-Dec 5	Tue, Thu	8-9:30pm	\$205/11	56451

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 November 15-December 4 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

Sep 12-Oct 24	Thu	Noon-2pm	\$130/7	56563
Nov 7-Dec 12	Thu	Noon-2pm	\$112/6	56564

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

Sep 11-Oct 23	Wed	7:30-9:30pm	\$130/7	56561
Oct 30-Dec 4	Wed	7:30-9:30pm	\$112/6	56562

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

Sep 10-Oct 22	Tue	11-1pm	\$130/7	56559
Oct 29-Dec 10	Tue	11-1pm	\$130/7	56560

All Socials are instructor supervised.



PRACTICE & 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

Coming in 2020:	Jan 19-Mar 8	Sun	8-10pm
	Mar 15-Apr 28	Sun	8-10pm
	Feb 3-Apr 16	Mon	11am-1pm

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 - Bubble

Sep 9-Oct 21	Mon	6-8pm	\$128/6	56550
Oct 28-Dec 2	Mon	6-8pm	\$108/5	56551
Sep 10-Oct 22	Tue	6:30-8pm	\$113/7	56552
Oct 29-Dec 3	Tue	6:30-8pm	\$97/6	56553
Sep 11-Oct 23	Wed	Noon-2pm	\$149/7	56555
Oct 30-Dec 11	Wed	Noon-2pm	\$149/7	56556
Nov 8-Dec 13	Fri	11-1pm	\$128/6	56557

TENNIS CLINICS

TENNIS

recreation.oakbay.ca

Mondays	Dynamic Doubles	Great Ground Strokes	Sizzling Serves	Volley Variation	What A Rush
September 9		56598			
16				56603	
23			56605		
30					56608
October 7		56601			
14	Thanksgiving - No Clinic				
21			56606		
28	56610				
November 4		56602			
11	Remembrance Day - No Clinic				
18				56604	
25			56607		
Dec 2	56611				

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.

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.

Sept 11-Oct 23	Wed	Noon-1:15pm	\$68/7	56212
Oct 31-Dec 19	Thu	Noon-1:15pm	\$78/8	56213

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.

Sept 11-Oct 23	Wed	Noon-1:15pm	\$68/7	56214
Oct 31-Dec 19	Thu	Noon-1:15pm	\$78/8	56215

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.

Sept 9-Oct 21	Mon	9:30-10:45am	\$59/6	56216
Oct 28-Dec 16	Mon	9:30-10:45am	\$68/7	56217

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

Oct 1-29	Tue	6:45-8:45pm	\$44/5	56218
Nov 5-Dec 10	Tue	6:45-8:45pm	\$53/6	56219

Henderson Recreation Centre Gym

Bring your own paddle and ball. For 16 yrs+

PICKLEBALL DROP-IN Now until June 19, 2020

Monday: 9:30-10:45am
Monday: 10:45am-12:45pm
Tuesday: 1:15-3:15pm
Wednesday: Noon-1:15pm
Wednesday: 1:15-3:15pm
Thursday: 1:15-3:15pm
Friday: 10:45am-12:45pm

DROP-IN from July 2 - September 1

Sunday: 11am-1pm

PICKLEBALL RENT-A-COURT Now until June 19

\$14 court/per hour - 250-370-7201

Tuesday: 12:15-1:15pm
Thursday: 12:15-1:15pm
Thursday: 1:15-3:15pm

Courts may be rented one week in advance

by calling 250-370-7201 after 8:30am 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

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

Register in Person from 3:30-3:45pm.

Draw starts at 4pm 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