

Mt Mac Tennis Schedule - May

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 11:00 AM							SUNDAY SOCIAL MIXED DOUBLES (C1, 2)
11:00-4:00							
4:00-5:00	SERVING CLINIC (C1)	JUNIOR RED BALL (C1)	PRIVATE LESSON (C1)	JUNIOR RED BALL (C1)			
5:00-6:00	GROUP LESSON (C1,2)	JUNIOR ORANGE BALL (C1,2)	CARDIO TENNIS (C1)	JUNIOR ORANGE BALL (C1,2)			
6:00-7:00	SINGLES HOUSE LEAGUE (ALL COURTS)	FAST (C1,2,3)	WOMEN'S DOUBLES LEAGUE (C1,2,3)	MEN'S DOUBLES DROP IN (C1,2)			
7:00-8:00	SINGLES HOUSE LEAGUE	FAST (C1,2,3)	WOMEN'S DOUBLES LEAGUE	MEN'S DOUBLES DROP IN			

- Colourful blocks are lessons with Coach Wallis
- Black and white blocks are organized league play/drop in
- C1 = Court 1 being used for the session
- To sign up for lessons/leagues, go to tennisyukon.com
- Private lessons can be booked by emailing tennisyukon.coach@gmail.com or by going on CourtReserve and clicking "Book Lesson"

*Questions about the schedule can be directed to Coach Wallis at tennisyukon.coach@gmail.com

Descriptions of Lessons

Private Lesson:

Private Coaching provides players the opportunity to focus on personal development. See how fast you can advance your skills and build confidence on the courts with 1:1 sessions. Coach Wallis is equipped and qualified with the knowledge to help take your game to the next level.

If the times listed on the schedule don't work for you, please email tennisyukon.coach@gmail.com to figure out a time that works for you. Payment can be made through CourtReserve on the agreed upon time slot.

Level: Any
Age: Any
Cost: \$50/hour

Serving Clinic:

Elevate your serve to a weapon! This 4-week series focuses exclusively on mastering serve technique. Each week, we'll break down a critical element of the serve, from grip and pronation, to toss and serve motion, to footwork. Expect targeted drills, personalized feedback, and measurable improvement. Perfect for players of all levels looking to add consistency and power to their game. This clinic takes 4-5 players.

Length: 4 weeks
Level: Any
Ages: 16+
Cost: \$80/person

Cardio Tennis:

Cardio Tennis is a high energy group fitness experience which uses the sport of tennis in a structured games-based format to deliver the ultimate, full body, calorie burning aerobic workout. Cardio Tennis includes warm-up, drills, games and a cool down phase. If you want to find a healthy, new way to get in shape and to burn calories, you ought to try Cardio Tennis. This lesson takes 5-8 players.

Length: 4 weeks (4 lessons)
Level: Any
Ages: 16+
Cost: \$60/person

Adult Doubles Clinic:

Sharpen your doubles game! This clinic focuses on mastering the crucial elements of doubles play: positioning, communication, net play, and strategic shot selection. Over four weeks, you'll learn effective formations, develop winning patterns, and improve your teamwork. Ideal for players looking to elevate their doubles strategy and play with greater confidence. This clinic takes 4 players.

Length: 4 weeks

Level: Intermediate

Ages: 16+

Cost: \$80/person

Fun Adult Starter Tennis (FAST):

FAST Clinic:

This Clinic is designed for starter players to learn the fundamentals of tennis. Players will serve, rally and score from the first session. Specialized balls are used to make play easier and speed learning. This clinic takes 8-12 players. (4 weeks)

FAST League:

This League includes fun, low-key doubles play. Players are rotated at regular intervals. Specialized balls are used making it easier to play more successfully. This league takes 8-12 players. (4 weeks)

Length: 8 weeks (8 two hour lessons)

Level: Beginner

Age: 16+

Cost: \$160/person

Junior Red Ball:

Introduce your 5-8 year old to the exciting world of tennis! This 4-week program uses fun, engaging games and activities with red balls and smaller courts to build a solid foundation. We'll focus on basic skills like hand-eye coordination, movement, and the fundamentals of hitting, all while fostering a love for the game. Get ready for smiles, rallies, and a whole lot of fun!

Length: 4 weeks (2 lessons per week, 7 lessons total)

Age: 5-8

Cost: \$120/person

Junior Orange Ball:

Get ready to rally! This dynamic 4-week program, with lessons twice a week, is designed for 9-12 year olds ready to take their tennis to the next level. We'll build on fundamental skills, introduce more tactical play, and develop consistency using orange balls and modified courts. Expect engaging drills, exciting games, and a fast-paced learning environment that will ignite a passion for tennis.

Length: 4 weeks (2 lessons per week, 7 lessons total)

Ages: 9-12

Cost: \$120/person

Descriptions of Leagues

Note: *Players must have a season pass to sign up for the leagues*

Singles House League:

Challenge yourself and improve your singles game in our 8-week Coed House League! Experience competitive match play organized and attended by Coach Wallis, with players moving up or down the rankings based on weekly results. This league offers a fun and structured environment to test your skills, meet fellow players, and track your progress. Get ready to battle it out and see how high you can climb!

Length: 8 weeks

Level: Intermediate and Advanced

Age: Any

Cost: \$20

Men's Doubles Drop-In

Join us for casual men's doubles every Thursday from 6:00 PM to 8:00 PM. This is a great opportunity for players of any level to enjoy some friendly competition and get some court time. No need to register in advance – just show up and we'll get you playing! Bring a partner or come solo and we'll help pair you up.

Length: 8 weeks

Level: Any

Age: Any

Cost:-

Women's Doubles League:

Join Coach Wallis for an 8-week Women's Doubles League designed for fun doubles tennis! Weekly match results will determine individual player movement, creating a dynamic and engaging experience. Refine your doubles skills, enjoy strategic competition, and climb the ranks in this expertly organized league.

Players who sign up need to be committed to play the majority of the weeks (6 out of 8 of the weeks). Those who can't commit but want to play can sign up as a sub.

Length: 8 weeks

Level: Beginner and up

Age: Any

Cost: \$20/person

Sunday Social Mixed Doubles:

Join us for a relaxed and fun Sunday morning of mixed doubles! This social event, organized and attended by a coach, is all about enjoying the game with a variety of partners. No scores, no pressure – just friendly matches and good company. Perfect for players of all levels looking to have a great time on the court.

Players who sign up need to be committed to play the majority of the weeks (6 out of 8 of the weeks). Those who can't commit but want to play can sign up as a sub.

Length: 8 weeks

Level: Any

Age: Any

Cost: \$20/person