

Mt Mac Tennis Schedule - June

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TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 - 11:00AM							SUNDAY SOCIAL DROP IN (C1, 2)
11:00-4:00							
4:00-5:00	SERVING CLINIC (C1)	JUNIOR RED BALL (C1)	JUNIOR ORANGE BALL (C1,C2)	MINOR LEAGUE (C1,C2)			
5:00-6:00	GROUP LESSON (C1,2)	INTERMEDIATE LESSONS (C1,C2)	CARDIO TENNIS(C1)	MINOR LEAGUE (C1,C2)			
6:00-7:00	SINGLES HOUSE LEAGUE (ALL COURTS)	FAST (C1,2,3)	WOMEN'S DOUBLES LEAGUE (C1,2,3)	MINOR LEAGUE			
				MIXED DOUBLES DROP IN			
7:00-8:00	SINGLES HOUSE LEAGUE	FAST (C1,2,3)	WOMEN'S DOUBLES LEAGUE	MIXED 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, Mondays at 4-5pm, June 9th - June 30th

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, Wednesdays from 5-6pm, June 11th - July 2nd

Level: Any

Ages: 16+

Cost: \$60/person

Intermediate Tennis Lessons (Levels 2.5-4.0)

Ready to elevate your game? Join our intermediate tennis lessons designed for players rated 2.5 to 4.0 who are looking to refine their skills and deepen their understanding of the game.

When: Tuesdays, 5:00 PM - 6:00 PM

What you'll learn and improve:

- **Groundstrokes:** Develop more consistent and powerful forehands and backhands with improved technique and control.
- **Return of Serve:** Learn strategies and techniques to effectively return a variety of serves, putting you in a strong position from the start of the point.
- **Volleys:** Master your net game with focused drills on effective volleying, including directional control and quick reflexes.
- **Serves:** Enhance your serve consistency, power, and placement, adding a crucial weapon to your arsenal.
- **Basic Singles & Doubles Tactics:** Go beyond just hitting the ball! We'll introduce fundamental strategies for both singles and doubles play, helping you make smarter decisions on the court and improve your match performance.

These dynamic one-hour sessions will combine drills, targeted instruction, and tactical play to help you build confidence and take your tennis to the next level. Come ready to work hard, have fun, and see real improvement in your game!

Length: 6 weeks, Tuesdays from 5-6pm, June 17th - July 29th

Level: 2.5-4.0

Ages: 16+

Cost: \$90/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, Tuesdays from 6-8pm, May 13 - July 1st

Level: Beginner

Age: 16+

Cost: \$160/person

Junior Red Ball:

Introduce your 5-8 year old to the exciting world of tennis! This 6-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: 6 weeks, Tuesdays from 4-5pm, June 10th - July 22nd (No practice on July 8th)

Age: 5-8

Cost: \$90/person

Junior Orange Ball:

Get ready to rally! This dynamic 6-week program is designed for 9-14 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: 6 weeks, Wednesdays from 4-5pm, June 18th -July 30th (No practice on July 9th)

Ages: 9-14

Cost: \$120/person

Descriptions of Leagues

Summer Minor League Tennis:

This league is an exciting tennis program that provides participants with the opportunity to combine practice and play, with a focus on skill development through match play. The focus of the league is on fun, team play and sportsmanship. The first few weeks will be used to assess playing level for the purpose of establishing balanced teams. In the remaining weeks, each team will play a number of matches after warm-up drills. The final week will be used for championship and consolation finals. Each player will receive a team shirt and a participation medal. This is Kids Tennis at its best: featuring half-court and $\frac{3}{4}$ court play.

Summer League:

8 week, on Thursdays starting June 26th, 2025 (finishing on August 21st, **no class on August 7th.**

Red $\frac{1}{2}$ court (ages 6-9) 4-5:15pm (\$125)

Orange $\frac{3}{4}$ court (8-14) 5:30-6:45pm (\$140)

Maximum participants in each group: 16 players

ATTENTION PARENTS!

Instead of sitting on the sidelines, why not volunteer to be a **parent coach**? This is a great opportunity for you to engage in your child's development, and reinforce many of the benefits and skills. Learn the five fundamentals of progressive tennis along with your child! If you are interested, please contact Coach Wallis by emailing tennisyukon.coach@gmail.com.

Responsibilities include:

- Providing guidance, team leadership and direction and most importantly creating a fun, inclusive and welcoming environment.
- Assisting their team with the practice portion of a session, and providing basic technical assistance for players.
- Motivating and encouraging players in match play. Helping direct the players to the correct positions on the court and good behaviour.
- Helping with court set-up and cleanup.

We also need **scorekeepers**! Scorekeepers are volunteers who monitor the scores during match play. They also act as an umpire to supervise players and address issues such as line calls. Having scorekeepers in the league is crucial as it helps the kids to concentrate on playing the game and foster a positive fair play environment. Scores results are important information that helps parent coaches to manage their team by identifying the strength and weakness of their team. If you are interested, please contact Coach Wallis by emailing tennisyukon.coach@gmail.com.

Responsibilities include:

- Keeping accurate score.
- Instructing players about the play format.
- Addressing issues such as line calls.
- Helping court set-up and cleanup.
- Assisting parent coaches with practice sessions, if needed.

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, Mondays from 6:30-9pm, May 12th - June 30th

Level: Intermediate and Advanced

Age: Any

Cost: \$20

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, Wednesdays from 6-8pm, May 14th - July 2nd

Level: Beginner and up

Age: Any

Cost: \$20/person

Mixed Doubles Drop-In

Join us for casual mixed 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: May until end of August, Thursdays from 6-8pm

Level: Any

Age: Any

Sunday Social Drop In:

Join us for a relaxed and fun Sunday morning of mixed doubles! This social event 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.

Length: May until end of August, Sundays from 9-11am

Level: Any

Age: Any