



SPRING & SUMMER 2007

TENNIS

with West Vancouver
Community Services

SPRING AND SUMMER TENNIS

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The West Vancouver Community Services' tennis program strives to create a tennis pathway that provides players with systematic opportunities to achieve their level of competence consistent with their abilities and aspirations. The Tennis Pathway is composed of opportunities to

TRY – LEARN – PLAY

TRY – opportunities to give people the chance to experience tennis with little or no instruction. It will create and demonstrate an awareness of how fun and how easily people can get into the game.

LEARN – opportunities where players are put in a learning environment which is fun, instructional, enjoyable and sociable.

PLAY – opportunities which are the pathway players want to reach quickly. Our PLAY component is where players have the opportunities to play in a fun, recreational, and supervised round robin format.



All classes take place at the Civic Site Tennis Courts at Gordon and 21st Street.

This well established and popular outdoor tennis program is offered by West Vancouver Community Services in partnership with Christopher Stead Tennis Services. Chris is Director of Tennis of the West Vancouver Tennis Club. Coaches are experienced and certified tennis instructors under the direction of Christopher Stead. Other coaches are:

Susan Stone -Associate Pro

Matt Stone -Assistant Pro

Kinuko Higashio -Assistant Pro

*Tennis builds
opportunities for fun.*

ADULT

YOUTH

TENNIS LEARN 1.0-1.5

For players at the novice level, this level covers skill development in common playing situations from serving, returning, baseline and net play.

Civic Site Courts

Mon		\$88.75
378605	Apr 16-May 14	10am-11am
378606	May 28-Jun 25	10am-11am
Wed		\$88.75
386752	Apr 18-May 16	9am-10am
386753	May 30-Jun 27	9am-10am
Wed		\$88.75
378607	Apr 18-May 16	6pm-7pm
378608	May 30-Jun 27	6pm-7pm
Tue		\$88.75
386754	Jul 3-31	6pm-7pm
386755	Aug 7-28	6pm-7pm

TENNIS LEARN 2.0-2.5

For players who have already been through the novice level, this course covers skill development in common playing situations from serving, returning, baseline and net play.

Civic Site Courts

Tue		\$88.75
378609	Apr 17-May 15	9am-10am
378611	Apr 17-May 15	6pm-7pm
378610	May 29-Jun 26	9am-10am
378612	May 29-Jun 26	6pm-7pm
Wed		\$88.75
378613	Apr 18-May 16	10am-11am
378614	May 30-Jun 27	10am-11am
Mon		\$71
386867	Jul 9-30	6pm-7pm
Mon		\$53.25
386868	Aug 13-27	6pm-7pm

TENNIS LEARN 3.0-3.5

This course covers skill development in common playing situations from serving, returning, baseline and net play for players at a beginning competitive level.

Civic Site Courts

Mon		\$88.75
378615	Apr 16-May 14	7pm-8pm
378616	May 28-Jun 25	7pm-8pm
Wed		\$88.75
378617	Apr 18-May 16	11am-12pm
378618	May 30-Jun 27	11am-12pm
Wed		\$88.75
387041	Jul 4-Aug 1	6pm-7pm
387042	Aug 8-29	6pm-7pm

CHALLENGE COURT

10-17 YEARS

This level develops the tactical, technical, physical and mental skills needed for successful match play at a beginning competitive level. Class Ratio 1:6. No class on Saturday, June 2.

Civic Site Courts

Mon		\$105
378575	Apr 16-May 14	4:30pm-6pm
378576	May 28-Jun 25	4:30pm-6pm
Fri		\$105
378577	Apr 20-May 18	4:30pm-6pm
378578	Jun 1-29	4:30pm-6pm
Sat		\$84
378581	Apr 21-May 12	9am-10:30am
378579	Apr 21-May 12	10:30am-12pm
378582	May 26-Jun 23	9am-10:30am
378580	May 26-Jun 23	10:30am-12pm
Tue-Thu		\$63
378627	Jul 3-5	12:30pm-2pm
Mon-Thu		\$84
378628	Jul 9-12	12:30pm-2pm
378629	Jul 16-19	12:30pm-2pm
378630	Jul 23-26	12:30pm-2pm
Tue-Thu		\$63
378631	Aug 7-9	12:30pm-2pm
Mon-Thu		\$84
378632	Aug 13-16	12:30pm-2pm
378633	Aug 20-23	12:30pm-2pm



*Tennis builds
strength
and fitness*

CHILD

TOURNAMENT COURT

12-17 YEARS

This is an advanced level class developing tactical and technical skills needed for competing at the Junior A level and for school team play. Prerequisite is participation in BC sanctioned tournaments or leagues. Class Ratio 1:5

Civic Site Courts

Wed			\$105
378571	Apr 18-May 16	4:30pm-6pm	
378572	May 30-Jun 27	4:30pm-6pm	
Thu			\$105
378573	Apr 19-May 17	4:30pm-6pm	
378574	May 31-Jun 28	4:30pm-6pm	
Tue-Thu			\$63
378619	Jul 3-5	2pm-3:30pm	
Mon-Thu			\$84
378620	Jul 9-12	2pm-3:30pm	
378621	Jul 16-19	2pm-3:30pm	
378622	Jul 23-26	2pm-3:30pm	
Tue-Thu			\$63
378623	Aug 7-9	2pm-3:30pm	
Mon-Thu			\$84
378624	Aug 13-16	2pm-3:30pm	
378625	Aug 20-23	2pm-3:30pm	



*Tennis builds
coordination.*

KIDS COURT

5-8 YEARS

This introductory course uses a short court ball and children's racquets (all supplied). Designed as an introduction to ball control and movement skills to help build confidence in a fun and exciting way. Class Ratio 1:6

Civic Site Courts

Wed			\$52.50
378591	Apr 18-May 16	3:45pm-4:30pm	
378592	May 30-Jun 27	3:45pm-4:30pm	
Fri			\$52.50
378593	Apr 20-May 18	3:45pm-4:30pm	
378594	Jun 1-29	3:45pm-4:30pm	
Tue-Thu			\$31.50
378643	Jul 3-5	9am-9:45am	
Mon-Thu			\$42
378644	Jul 9-12	9am-9:45am	
378645	Jul 16-19	9am-9:45am	
378646	Jul 23-26	9am-9:45am	
Tue-Thu			\$31.50
378647	Aug 7-9	9am-9:45am	
Mon-Thu			\$42
378648	Aug 13-16	9am-9:45am	
378649	Aug 20-23	9am-9:45am	

CLUB COURT

8-12 YEARS

An introduction to the fundamental skills, ground strokes, volleys, serves. All technical/tactical skills focus on developing a base of consistency for future development. Class Ratio 1:6

Civic Site Courts

Mon			\$70
378583	Apr 16-May 14	3:30pm-4:30pm	
378584	May 28-Jun 25	3:30pm-4:30pm	
Tue			\$70
378585	Apr 17-May 15	3:30pm-4:30pm	
378586	May 29-Jun 26	3:30pm-4:30pm	
378587	Apr 17-May 15	4:30pm-5:30pm	
378588	May 29-Jun 26	4:30pm-5:30pm	
Thu			\$70
378589	Apr 19-May 17	3:30pm-4:30pm	
378590	May 31-Jun 28	3:30pm-4:30pm	
Tue-Thu			\$63
378635	Jul 3-5	10am-11:30am	
Mon-Thu			\$84
378636	Jul 9-12	10am-11:30am	
378637	Jul 16-19	10am-11:30am	
378638	Jul 23-26	10am-11:30am	
Tue-Thu			\$63
378639	Aug 7-9	10am-11:30am	
Mon-Thu			\$84
378640	Aug 13-16	10am-11:30am	
378641	Aug 20-23	10am-11:30am	



SUMMER TENNIS – STAY ACTIVE, BUT PLAY SAFE!

Tips for good play:

- Hydrate regularly during changeovers or breaks. Remember, if you are thirsty you are already dehydrated! Grab your water bottle whenever you can.
- Wear a hat to prevent sunburn and overheating and to protect your eyes from the sun's glare.
- For extra eye protection wear good sunglasses.
- Wear sunblock – not just a sunscreen. In particular children should be protected from sunburn with an effective sunblock.
- Warm up! Try a “dynamic” warm up before you play with exercises such as arm swings, lunges, and trunk twists. These are exercises that warm the body up and get the muscles working.



IMPORTANT PROGRAM INFORMATION

RAIN OUTS

In the case of rainy weather, please call the Tennis Club at 922-9733 one hour prior to scheduled class time. Participants will not be contacted individually. Make up classes will be held during the week following or the Friday following lesson sets. Credits for missed classes will not be granted if participant is unable to make a scheduled make up class.

HOW TO REGISTER

- Webreg 24 hours a day webreg.westvancouver.ca
- Telereg 24 hours a day using a touch tone phone-call 604-925-7475
- In person at any recreation facility
- By phoning 604-925-7270 to reach customer service staff. Please have your VISA, MasterCard or American Express card number ready.

Register early as space is limited and our classes fill quickly!

PRIVATE LESSONS

Private and semi private lessons are also available. To enquire about available times or to book a coaching session, call Christopher Stead at 604-922-9733.

REFUNDS

For programs in the Spring session (April-June) withdrawals and refunds must be requested before the second class. For programs in the Summer session (July-August) withdrawals and refunds will be granted until the end of the business day on the Wednesday prior to the start of the program.

CIVIC SITE COURT USAGE

From Monday, April 16 through Friday, August 31, and from 9am to 7pm (Monday to Friday) and on Saturdays, until June 23 from 9am-12 noon the Civic Site Tennis Courts are reserved for the Community Services tennis program. Private lessons may also be scheduled during this time but will use no more than one court at a time.



*Tennis builds
leisure pursuits*



TENNIS COURT LOCATIONS IN WEST VANCOUVER

Altamont Park	Gisby St & Rosebery Ave
Ambleside Park	13th St & Marine Dr
Benbow Park	3100 Block Benbow Rd
Burley Dr Park	10th St & Burley Dr
Cedardale Park	3rd St & Inglewood Ave
Chelsea Close Park	2702 Chelsea Court
Cypress Falls Park	Woodpark Rd
Glenmore Park	100 Block Glenmore Dr
Horseshoe Bay Courts	Douglas St
McKechnie Park	Bayridge & Mathers Ave
Normanby Park	1613 Pinecrest Dr
Parc Verdun	5600 Block Marine Dr
Plateau Park	5200 Sprucefield Rd
Westridge Park	Westridge Ave
Whytecliff Park	7100 Block Marine Dr
29th Street Courts	29th St & Marine Dr



West Vancouver Community Services

TENNIS

Building personal and community health

Phone: 604-925-7270

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