



SPRING & SUMMER 2008

# TENNIS

with West Vancouver  
Community Services

  
west vancouver

*building community*

# SPRING AND SUMMER TENNIS

with West Vancouver  
Community Services

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 give people the chance to experience tennis with little or no instruction. It will create and demonstrate 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 are the pathways that 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.

The West Vancouver Community Centre tennis program is offered in partnership with Chris Stead Tennis Services. Chris is the Head Tennis Pro at the West Vancouver Tennis Club.



*Tennis builds  
opportunities  
for fun.*

# CHILD

# YOUTH

## KIDS COURT

### 5-8 YEARS

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

Civic Site Courts			
Wed			\$52.50
469667	Apr 16-May 14	3:45pm-4:30pm	
469668	May 28-Jun 25	3:45pm-4:30pm	
Fri			\$52.50
469669	Apr 18-May 16	3:45pm-4:30pm	
469670	May 30-Jun 27	3:45pm-4:30pm	
Mon-Thu			\$42
470417	Jul 7-10	9am-9:45am	
470418	Jul 14-17	9am-9:45am	
470419	Jul 21-24	9am-9:45am	
470420	Jul 28-31	9am-9:45am	
470422	Aug 11-14	9am-9:45am	
470423	Aug 18-21	9am-9:45am	
Tue			\$31.50
470421	Aug 5-7	9am-9:45am	

## CLUB COURT

### 8-12 YEARS

An introduction to the fundamental skills, groundstrokes, 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
469717	Apr 14-May 12	3:30pm-4:30pm	
469718	May 26-Jun 23	3:30pm-4:30pm	
Tue			\$70
469719	Apr 15-May 13	3:30pm-4:30pm	
469720	May 27-Jun 24	3:30pm-4:30pm	
469721	Apr 15-May 13	4:30pm-5:30pm	
469722	May 27-Jun 24	4:30pm-5:30pm	
Thu			\$70
469723	Apr 17-May 15	3:30pm-4:30pm	
469724	May 29-Jun 26	3:30pm-4:30pm	
Mon-Thu			\$84
470467	Jul 7-10	10am-11:30am	
470468	Jul 14-17	10am-11:30am	
470469	Jul 21-24	10am-11:30am	
470470	Jul 28-31	10am-11:30am	
470472	Aug 11-14	10am-11:30am	
470473	Aug 18-21	10am-11:30am	
Tue-Thu			\$63
470471	Aug 5-7	10am-11:30am	

## CHALLENGE COURT

### 10-17 YEARS

This program develops the tactical, technical, physical and mental skills needed for a successful match play at a beginning competitive level. Class Ratio 1:6 No class Saturday June 7

Civic Site Courts			
Mon			\$105
470117	Apr 14-May 12	4:30pm-6pm	
470118	May 26-Jun 23	4:30pm-6pm	
Fri			\$105
470119	Apr 18-May 16	4:30pm-6pm	
470120	May 30-Jun 28	4:30pm-6pm	
Sat			\$105
470123	Apr 12-May 10	9am-10:30am	
470124	May 24-Jun 21	9am-10:30am	
Sat			\$105
470121	Apr 12-May 10	10:30am-12noon	
470122	May 24-Jun 28	10:30am-12noon	
Mon-Thu			\$84
470517	Jul 7-10	12:30pm-2pm	
470518	Jul 14-17	12:30pm-2pm	
470519	Jul 21-24	12:30pm-2pm	
470520	Jul 28-31	12:30pm-2pm	
470522	Aug 11-14	12:30pm-2pm	
470523	Aug 18-21	12:30pm-2pm	
Tue-Thu			\$63
470521	Aug 5-7	12:30pm-2pm	

## TOURNAMENT COURT

### 12-17 YEARS

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

Civic Site Courts			
Wed			\$105
470167	Apr 16-May 14	4:30pm-6pm	
470168	May 28-Jun 25	4:30pm-6pm	
Thu			\$105
470169	Apr 17-May 15	4:30pm-6pm	
470170	May 29-Jun 26	4:30pm-6pm	
Mon-Thu			\$84
470567	Jul 7-10	2pm-3:30pm	
470568	Jul 14-17	2pm-3:30pm	
470569	Jul 21-24	2pm-3:30pm	
470570	Jul 28-31	2pm-3:30pm	
470572	Aug 11-14	2pm-3:30pm	
470573	Aug 18-21	2pm-3:30pm	
Tue-Thu			\$63
470571	Aug 5-7	2pm-3:30pm	

*Tennis builds strength and fitness*

# ADULT

## TENNIS LEARN 1.0-1.5

For players at the novice level. Covering skill development in common playing situations from serving, returning, baseline and net play. Ratio 1:5

### Civic Site Courts

Mon		\$88.75
470217	Apr 14-May 12	10am-11am
470218	May 26-Jun 23	10am-11am
Wed		\$88.75
470219	Apr 16-May 14	9am-10am
470220	May 28-Jun 25	9am-10am
Wed		\$88.75
470221	Apr 16-May 14	6pm-7pm
470222	May 28-Jun 25	6pm-7pm
Tue		\$71
470667	Jul 8-29	6pm-7pm
470668	Aug 5-26	6pm-7pm

## TENNIS LEARN 2.0-2.5

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

### Civic Site Courts

Tue		\$88.75
470267	Apr 15-May 13	9am-10am
470268	May 27-Jun 24	9am-10am
Tue		\$88.75
470269	Apr 15-May 13	6pm-7pm
470270	May 27-Jun 24	6pm-7pm
Wed		\$88.75
470271	Apr 16-May 14	10am-11am
470272	May 28-Jun 25	10am-11am
Mon		\$71
470717	Jul 7-28	6pm-7pm
Mon		\$53.25
470718	Aug 11-25	6pm-7pm



## TENNIS LEARN 3.0-3.5

For players at a low competitive level. Covering skill development in common playing situations from serving, returning, baseline and net play.

### Civic Site Courts

Mon		\$88.75
470317	Apr 14-May 12	7pm-8pm
470318	May 26-Jun 23	7pm-8pm
Wed		\$88.75
470319	Apr 16-May 14	11am-12noon
470320	May 28-Jun 25	11am-12noon
Wed		\$71
470767	Jul 2-23	6pm-7pm
470768	Aug 6-27	6pm-7pm



*Tennis builds coordination.*



## 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 wet weather, please call the Tennis Club at 604-922-9733 or 604-922-9722 one hour prior to the scheduled class time.

Participants will not be contacted individually. Make up classes will be held during the week following or the Friday following the conclusion of lesson sets. Credits for missed classes will not be granted if participant is unable to attend a scheduled make up class.

## HOW TO REGISTER

- Webreg 24 hours a day [webreg.westvancouver.ca](http://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

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



West Vancouver Community Services

# TENNIS

*Building personal and community health*

Phone: 604-925-7270

[www.westvancouver.ca](http://www.westvancouver.ca)

  
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