

SKILL ASSESSMENTS



DO YOU HAVE YOUR PLAYER SKILL ASSESSMENT?

To maintain the appropriate standards of play in the NVTC 2.5 - 4.0 programs, players must have a Player Skill Assessment (PSA) to be eligible to register.

Levels are gained by achieving certain competencies as assessed by one of our full-time tennis professionals. The PSA is a series of evaluations on groundstrokes, volleys and serves.

All programs at level 2.5 and above require an assessment by coaching staff to participate.

PSA's are free and take approximately 10-15 minutes. They are offered at specific times during the week.

To book a PSA time call: 604.983.6483
For specific evaluation details go to: nvrc.ca/tennis

We reserve the right to withdraw participants from a program or request players be re-evaluated if coaching staff determine they are not at the appropriate level.

REFUND POLICY

- Withdrawals must be made either by phone (604-983-6483) or online.
- For a full refund, withdrawals must be made **8 days prior** to the first day of the program.
- Withdrawals made 7 days or less, prior to the first session will be refunded the price of the program minus one session.
- No refunds for programs after the second session.

nvrc.ca/tennis-adult

COACHING STAFF FULL TIME

Wayne Elderton ChPC - Tennis Director
Tennis Canada Level 4 Coach /
Club Professional 3 Certification
International Master Professional (PTR)

Jesse Evans – Head Tennis Professional
Tennis Canada Coach 3/Club Pro 2 Certification

Adi Madhavan - Director of Adult Development
Tennis Canada Club Pro 2 Certification

Piers Zdan - Director- Junior Tournament Teams
Tennis Canada Coach 2/Club Pro 2 Certification

Klaus Schlotz – Senior Tennis Professional
Tennis Canada Coach 2/Club Pro 2 Certification

Ana Ileana - Tennis Professional
Tennis Canada Coach 2/Club Pro 2 Certification

Akiva Lacterman - Tennis Professional
Tennis Canada Club Pro 2 Certification

Gary Winter - Tennis Professional
Tennis Canada Coach 2 Certification

Mauricio Virmond - Tennis Professional
Tennis Canada Club Pro 1 Certification

Jan Martinek - Tennis Professional
Tennis Canada Club Pro 1 Certification

Elliot King - Tennis Professional
Tennis Canada Club Pro 1 Certification

Lesson Rates: Including Court Fee

	Junior	Adult
Private with Tennis Director		55 Min/\$150
Private with coach		
30 minutes	\$37.50	\$40
45 minutes	\$56.25	\$60
55 minutes	\$75	\$80
1 Hr 25 minutes	\$112.50	\$120

Semi-Private: \$90.00 Group of 3 or 4: \$98.00

LEARN

Our instructional courses help you acquire & develop new skills to improve your level of play.



Adult

Winter 2024 (Term 2)

Winter Registration: Tuesday November 28

- North Vancouver Residents - 7:00am
- All customers - 9:00am

 **North Vancouver
Tennis Centre**

280 Lloyd Ave,
North Vancouver, BC V7P 3H3
604.983.6483

nvrc.ca/tennis-adult

F.A.S.T. COURSES (Fun Adult Starter Tennis)**Course Theme: 'Build the Basics'**

Learn to rally, serve & score to play singles and doubles. The program follows the best practices of the International Tennis Federation (ITF) and introduces basic fundamentals.

Includes a **free** racquet and a tube of balls to get you going.

Mondays 10:00-11:25am

222792 Jan 8, 15, 22, 29, Feb 5, 12 (\$162)

222793 Feb 26, Mar 4, 11, 18 (\$108)

Saturdays 10:00-11:25am

222794 Jan 6, 13, 20, 27, Feb 3, 10 (\$162)

222795 Feb 24, Mar 2, 9, 16, 23 (\$135)

1.5 COURSES**Course Theme: 'Building Better Basics'**

Learn to start points with consistent serves and to receive different heights, directions and distances of groundstrokes to keep the ball in play. Receiving volleys is also covered.

Thursdays 5:30-6:55pm

223010 Jan 11, 18, 25, Feb 1, 8, 15 (\$207)

223023 Feb 22, 29, Mar 7, 14, 21 (\$172.50)

Thursdays 7:00-8:25pm

223024 Jan 11, 18, 25, Feb 1, 8, 15 (\$207)

223012 Feb 22, 29, Mar 7, 14, 21 (\$172.50)

Wednesday 11:00am-12:25pm

223014 Jan 10, 17, 24, 31, Feb 7, 14 (\$207)

223016 Feb 21, 28, Mar 6, 13, 20 (\$172.50)

Saturday 10:00am-11:25pm

223018 Jan 6, 13, 20, 27, Feb 3, 10 (\$207)

223019 Feb 24, Mar 2, 9, 16, 23 (\$172.50)

2.0 COURSES**Course Theme: 'Handling Various Shots'**

Learn to win more points by keeping the ball in play on serves, returns and in a baseline rally. Improve reception of volleys when playing singles & doubles.

Tuesdays 5:30-6:55pm

223053 Jan 9, 16, 23, 30, Feb 6, 13 (\$207)

223066 Feb 20, 27, Mar 5, 12, 19 (\$172.50)

Thursdays 7:00-8:25pm

223068 Jan 11, 18, 25, Feb 1, 8, 15 (\$207)

223069 Feb 22, 29, Mar 7, 14, 21 (\$172.50)

Wednesday 9:30-10:55am

223071 Jan 10, 17, 24, 31, Feb 7, 14 (\$207)

223073 Feb 21, 28, Mar 6, 13, 20 (\$172.50)

Sundays 11:00am-12:25pm

223074 Jan 7, 14, 21, 28, Feb 4, 11 (\$207)

223075 Feb 25, Mar 3, 10, 17, 24 (\$172.50)

**PLEASE NOTE: All Adult Courses have a
1 Coach/1 Court/ 6 player ratio**

**2.5 COURSES****Course Theme: 'Handling Challenging Shots'**

Learn to win more by keeping the ball in play through improved reception of wider/shorter/deeper groundstrokes and higher/lower balls at net and to serve with improved consistency direction control and mechanics.

Thursdays 8:30-9:55pm

223081 Jan 11, 18, 25, Feb 1, 8, 15 (\$207)

223082 Feb 22, 29, Mar 7, 14, 21 (\$172.50)

Wednesdays 11:00am-12:25pm

223084 Jan 10, 17, 24, 31, Feb 7, 14 (\$207)

223086 Feb 21, 28, Mar 6, 13, 20 (\$172.50)

3.0 COURSES**Course Theme: 'Exploring Spin to Win'**

Learn to win more points by applying spin (Topspin & Underspin on FH & BH groundstrokes and slice on serve). Serve & return with better direction control and mechanics and control volleys when receiving balls at different heights.

Tuesdays 7:00-8:25pm

223103 Jan 9, 16, 23, 30, Feb 6, 13 (\$207)

223104 Feb 20, 27, Mar 5, 12, 19 (\$172.50)

Thursdays 9:30-10:55am

223105 Jan 11, 18, 25, Feb 1, 8, 15 (\$207)

223106 Feb 22, 29, Mar 7, 14, 21 (\$172.50)

Sundays 11:00am-12:25pm

223107 Jan 7, 14, 21, 28, Feb 4, 11 (\$207)

223108 Feb 25, Mar 3, 10, 17, 24 (\$172.50)

3.5 COURSES**Course Theme: 'Exploring Better Shot-making'**

Learn to win more points by hitting more effective shots that keep opponent's neutral or at a disadvantage on serves, returns, during baseline exchanges and when approaching and at net.

Saturdays 8:30-9:55am

223324 Jan 6, 13, 20, 27, Feb 3, 10 (\$207)

223325 Feb 24, Mar 2, 9, 16, 23 (\$172.50)

Tuesdays 8:30-9:55pm

223327 Jan 9, 16, 23, 30, Feb 6, 13 (\$207)

223328 Feb 20, 27, Mar 5, 12, 19 (\$172.50)

Thursdays 11:00am-12:25pm

223329 Jan 11, 18, 25, Feb 1, 8, 15 (\$207)

223331 Feb 22, 29, Mar 7, 14, 21 (\$172.50)

3.5 DOUBLES TECHNIQUE COURSE

A specialty course taking a deep dive into the techniques used for doubles. The course highlights serves, returns and net play. Run by NVTC Tennis Director, **Wayne Elderton**.

Ratio: 1 Coach/1 Court/4 players

Fridays 10:30am-12:25pm

223341 Jan 12 - Mar 15

10 classes (\$460)