THE TENNIS SCHOOL
MISSISSAUGA • OAKVILLE

The Tennis School

3091 Ninth Line Road Mississauga, ON

905-257-5933

info@thetennisschool.ca

Hours of Operation:

Monday – Friday 8am -10:30pm

Saturday & Sunday 8am-10pm

Adult Programs 2026 - Session 1

All Adult Programs start week of October 12, 2026 to the week of December 14, 2026

Program Name: _____

Player Name: _____

Address: _____

Phone: _____

Email Address:_____

Invoice #_____ Payment Amount: _____ Plus HST: _____Total:_____

Release, Warrant and Indemnity: in consideration of the acceptance of the application for membership of the participant named above in the Tennis School membership identified above, I for myself and (if applicable) on behalf of the participant (if the participant is a minor) and our respective heirs, executors, administrators, and assigns, hereby RELEASE, WAIVE, AND FOREVER DISCHARGE The Tennis School and its agents, staffs, contractors, representative, successors and assign (Release) of and from all claims, demands, and damages, costs, expenses, actions and cases of action whether in law or equity, in respect of death, injury, loss or damage to my person or property or to the Participant howsoever caused, arising or to arise by reason of the participation of the participant in the Tennis School program whether as a spectator, participant, competition, or otherwise and whether prior to, during or subsequent to any classes in the respect thereof and notwithstanding that same may have been contributed to or occasioned by the negligence of the aforesaid.

I further undertake to hold and save harmless and agree to indemnify the Releases from and against any and all liability incurred by or all of them arising as a result of or in any way connected to the participation of the participation in the Tennis School.

I hereby authorize the Tennis School to display my personal information within the Tennis School so that other members may contact me for the purpose of scheduling games.

I warrant the Participant is physically fit to participate in the Tennis School.

I understand that all money paid to the Tennis School is non-refundable and only credit will be given in the case of withdrawals from our programs with applicable administrative fees of $80.00 to be applied. Only the sole and absolute discretion will the Tennis School grant any refunds.

****No classes on Monday October 12th, 2026 / Monday February 15th, 2027 / Friday March 26th, 2027 / Monday May 24th, 2027**

No classes during the week of December 21st - January 3rd, 2027 / March 15th – 19th, 2027

Signature Required:_____Date:_____

(I acknowledge having read, understood, and agree to the above Release, Warranty, and Indemnity)

<table>
<tr><td>Monday 8:30-9:30pm
9 week Sessions

Member Fee: 288.00
Non-Member Fee: 360.00</td><td></td><td rowspan="3">Cardio Tennis All Levels
This class is a fitness program that blends tennis activities with a high-energy aerobic workout. It is designed for participants of all skill levels, from beginners to advanced players, as the primary focus is on physical conditioning rather than technical adjustments. Players will engage in continuous movement exercises and fast-paced drills geared towards improving overall cardiovascular fitness and burning calories while hitting a large volume of tennis balls!</td></tr>
<tr><td>Tuesday 11am-12pm

10 week Sessions

Member Fee: 320.00
Non-Member Fee: 400.00</td><td></td></tr>
<tr><td>Thursday 8:30-9:30pm
10 week Sessions

Member Fee: 320.00
Non-Member Fee: 400.00</td><td></td></tr>
<tr><td>Monday 7:30-8:30pm
9 week Sessions

Member Fee: 288.00
Non-Member Fee: 360.00</td><td></td><td rowspan="2">Intro to Tennis:
Beginner-Intermediate Level 1.0 - 2.5
This class is designed for those who are new to tennis or have only recently started playing.
The primary focus is on building a strong foundation in the technical aspects of the game. Participants will learn:
• Fundamentals: Introductions to proper grips, various shots, and basic court stances.
• Practice: Ample time to hit balls and practice newly acquired skills.
• Socializing: Opportunities to meet and play with others at a similar skill level.
Even players with a little prior experience will benefit by ensuring their foundational techniques are sound, and they are developing in the right direction. This course offers a comprehensive introduction and a chance to solidify a correct and effective playing style.</td></tr>
<tr><td>Tuesday 7:30-9:00pm

10 week Sessions

Member Fee: 480.00
Non-Member Fee: 600.00</td><td></td></tr>
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Monday 8:30-9:30pm 9 week Sessions Member Fee: 288.00 Non-Member Fee: 360.00 **Wednesday 8:30-9:30pm** 10 week Sessions Member Fee: 320.00 Non-Member Fee: 400.00 **Thursday 8:30-9:30pm** 10 week Sessions Member Fee: 320.00 Non-Member Fee: 400.00		***Stroke of the Week. Intermediate (Level 2.0-3.5)*** This program offers a dynamic weekly curriculum tailored for players with some tennis experience already. Each class provides focused, varied instruction on a specific stroke (forehand/backhand, volleys/overheads, serve/return) and more to help you elevate your skills. The program also integrates stroke fundamentals with practical, in-game skills like achieving consistency, mastering direction, adding depth, and generating spin.
Thursday 11am-12pm 10 week Sessions Member Fee: 320.00 Non-Member Fee: 400.00		***Stroke of the Week / Cardio Tennis. Intermediate (Level 2.0-3.0)*** This New class will combine the tradition concept of learning about different strokes, shots and skills on a weekly basis but tied into a higher paced format for an added cardio kick. Spend the first half of the class honing in on your technique and finish off the second half with some high intensity and calory burning fun!
Monday 7:30-8:30pm 9 week Sessions Member Fee: 288.00 Non-Member Fee: 360.00 **Wednesday 8pm-9:30pm** 10 week Sessions Member Fee: 480.00 Non-Member Fee: 600.00 **Sunday 10:30am-12:00pm** 10 week Sessions Member Fee: 480.00 Non-Member Fee: 600.00		***Stroke of the Week / Cardio Mix and Play! Intermediate-Advanced (Level 3.0)*** This program will take the best of all our programs and combine them into a fun, high-paced, technical cardio tennis workout. The class will be divided into three components over 90 minutes. Each week players will get a look at the technical aspect of how to hit different shots, get a great workout in with high volume hitting drills and finish the class putting it all together in structured point play between other players and the coach. If you want to learn, have fun, get a workout and have a little competition then this class is for YOU!

Thursday 7:30pm-8:30pm 10 week Sessions Member Fee: 320.00 Non-Member Fee: 400.00		***Singles Point Play Tactics. Intermediate (Level 2.5+)*** This class is for intermediate players who have a solid grasp of basic strokes and are ready to apply their skills in a more competitive environment. The curriculum is designed to move beyond simply hitting the ball, focusing instead on the tactical "when and why" of match play: • Shot Selection: When to use certain shots and which ones offer the highest probability of success. • Court Positioning: Optimizing where to stand and move for offensive advantage and effective returns. • Strategic Placement: Learning where on the court to direct the ball to outmaneuver opponents. The program emphasizes practical application through live points, staged scenarios, and situational drills to integrate these strategic ideas into your game effectively. Game. Set. Match!