

## Spring Lessons 2024

Please contact Irena at [irena.ohc@gmail.com](mailto:irena.ohc@gmail.com) to register for lessons

### **Progressive 1 (Ages 4-8) \$75 for 4 Lessons (1/week) \*HST will be added to all fees**

The 1st level of progressive tennis uses larger decompressed balls to allow for easier exchanges, 19" to 21" racquets for better control, mini-sized nets and a smaller 12-meter court, which is proportional to the size of the student.

Session 1 (4 Weeks) May 6 <sup>th</sup> - May 31 <sup>st</sup>	Choose the day(s) Mondays: 4pm-5pm Or Wednesdays 4pm-5pm Or Fridays 4-5pm
Session 2 (4 weeks) June 3 <sup>rd</sup> – June 28 <sup>th</sup>	Choose the day(s) Mondays: 4pm-5pm Or Wednesdays 4pm-5pm Or Fridays 4-5pm

### **Progressive 2 (Ages 8-10) \$77 for 4 Lessons (1/week) \*HST will be added to all fees**

The 2nd level of progressive tennis uses a normal-sized tennis ball of 50% less compression than a regular ball to allow players to acquire the required skills at this stage of development. 23" to 25" racquets are used, and the court is a 3/4 court size, which is 18 meters long.

Session 1 (4 Weeks) May 6 <sup>th</sup> - May 31 <sup>st</sup>	Choose the day(s) Mondays: 4pm-5pm Or Wednesdays: 4pm-5pm Or Fridays 4-5pm
Session 2 (4 weeks) June 3 <sup>rd</sup> – June 28 <sup>th</sup>	Choose the day(s) Mondays: 4pm-5pm Or Wednesdays: 4pm-5pm Or Fridays: 4-5pm

**Progressive 3 (Ages 10-13) \$79 for 4 Lessons (1/week) \*HST will be added to all fees**

The 3rd level of progressive tennis uses a normal-sized tennis ball, but with 25% less compression. Players graduate to a 26" to 27" racquet and a full-sized tennis court.

Session 1 (4 Weeks) May 6 <sup>th</sup> - May 31 <sup>st</sup>	Choose the day(s) Mondays: 5pm-6pm Or Wednesdays: 5pm-6pm Or Fridays: 5-6pm
Session 2 (4 weeks) June 3 <sup>rd</sup> – June 28 <sup>th</sup>	Choose the day(s) Mondays: 5pm-6pm Or Wednesdays: 5pm-6pm Or Fridays: 5-6pm

**Advanced Aces (Ages 10-17) \$160 for 4 Lessons (1/week) \*HST will be added to all fees**

This program is designed for players who can maintain a full rally on a full-sized tennis court with regular balls. Match Play included.

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Session 2 (4 weeks) June 3 <sup>rd</sup> – June 28 <sup>th</sup>	Choose the day(s) Tuesdays: 4pm-6pm Or Thursdays: 4pm-6pm