

2026 Adult Spring Tennis Class Schedule @ Valley Tennis Club

Season Start Date: Monday, April 20, 2026

Weekday Morning Clinics - Starts Tues April 21st (7 week program)

High-repetition training with tactical intent.

These clinics focus on improving consistency, movement, and decision-making through **live-ball drills, simulated point play, and structured games**. Courts are organized by level to ensure appropriate pace and challenge. One professional per court.

Days & Times: Tues/Wed/Thurs/Fri 9:30-11:00am **and** Thurs 11:00am-12:30pm

Levels: Intermediate • High Intermediate • Advanced

Cost: \$315 + HST (7 classes)

Pro Drill Group Mondays and Thursdays Evenings- Starts Monday April 20th

High-intensity drills. Professional pace.

Designed for players seeking a demanding workout with a competitive edge. Sessions emphasize **speed, point construction, and execution under pressure**. Registration opens online the day before.

Days & Times: Monday 6:30–7:30pm | High Intermediate–Advanced (3.5–5.0)

Thursday 7:00–8:00pm | Intermediate–Advanced (3.0–5.0)

Cost: \$30 + HST per session

Adult Beginner Program (Levels 1.0–2.5) Starts Friday April 24th (7 week program)

A disciplined entry point into the game.

This program is ideal for new players or those returning to tennis. Instruction emphasizes **fundamental stroke mechanics, rally development, drills, and court positioning** in a controlled, supportive environment.

Days & Times: Friday: 6:00–7:00pm, Sunday: 5:00–6:00pm

Cost: \$210 + HST (7 week program)

Maximum: 6 players per class

Adult Intermediate - High-Intermediate+ Clinics (Levels 3.0–4.5+, 7 week program)

Starts Fri April 24th, Sat April 25th, Sun April 26th

Structured drills with competitive application.

This program focuses on **shot tolerance, movement efficiency, and positional awareness**, reinforced through drills, live-ball drills and guided point play. Players are expected to maintain rally consistency and court positioning.

Days & Times: Weekday Friday: 7:00–8:00pm

Weekend Saturday: 10-11am and 11am–12pm, Saturday: 6–7pm, Sunday: 6–7pm

Cost: \$210 + HST (7 week program)

Maximum: 5 players per class

Important Information

Rain Make-Up Classes: Tues June 9 – Mon June 15 2026

Classes run on Victoria Day weekend. (No Classes on Monday May 18th)

Advance registration required for all programs. Membership of VTC is required.

Need More Info? Contact: Brian Panovka, Head Pro | 905-771-7511 | tenten@rogers.com