



Updated: 04/13/2019



**10XTO**

at HOTEL X TORONTO

[tenxtoronto.com](http://tenxtoronto.com)

SPRING 2019

# TENNIS

## PROGRAM GUIDE

Clinics | Lessons | Rates

# GROUP TENNIS CLINICS

Clinic Type	Description	Day of the Week	Time	Start Date	End Date	Price
<b>JUNIOR TENNIS</b>	90 minutes of court activity includes multiple hitting exercises and footwork fundamentals with a variety of point play. Sessions provided for Youth Under 10-12 years of age, and Teens 13+ years of age. <i>All Playing Levels Welcome.</i> 1 court (3-6 player limit)	Tuesday Thursday Saturday	4:00pm—5:30pm 4:00pm—5:30pm 1:00pm—2:30pm	03/20/2019	05/30/2019	\$35.00 + HST per session
<b>CARDIO TENNIS</b>	60 minutes of court activities includes multiple hitting and movement exercises with a variety of doubles point play. <i>All Playing Levels Welcome.</i> 1 court (3-6 player limit)	Wednesday Thursday Saturday Sunday	6:00pm—7:00pm 7:00pm—8:00pm 11:00am—12:00pm 11:00am—12:00pm	03/20/2019	05/30/2019	\$25.00 + HST per session
<b>SERVE &amp; PLAY</b>	90 minutes of court activity includes serve and return instruction with a variety of singles and doubles point play. <i>Intermediate Playing Levels 3.0—4.0 +</i> 1 court (3-4 player limit)	Tuesday Thursday Sunday	5:30pm—7:00pm 5:30pm—7:00pm 1:00pm—2:30pm	03/20/2019	05/30/2019	\$35.00 + HST per session
<b>OPEN COURT SOCIAL</b>	90 minute court activity includes multiple basket feeding and hitting exercises with serving instruction and point play. <i>All Playing Levels Welcome.</i>	Tuesday	7:00pm—8:30pm	03/20/2019	05/30/2019	COMPLIMENTARY to 10XTO Members.

## SECTIONAL MEMBERS

[FEES: Winter Sectional - \$900.00 + HST, Summer Sectional - \$400.00 + HST]

7 day advanced booking privileges.

Sectional members do not pay court fees on court bookings, ball machine rental, weekly group clinics, private lessons and hitting partner requests.

\*Non-sectional Members: additional court fees apply.

60-minute court fee = \$40.00 + HST



AN INSPIRED ATHLETIC CLUB

107 PRINCES' BOULEVARD  
TORONTO, ON  
CANADA M6K 3C3

647.475.9295

info@tenxtoronto.com

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# TENNIS LESSONS

## STAFF DIRECTORY

Name	Position	Phone Number	Email
Gary Muller	CEO & Tennis Director	289.888.1754	gmuller@tenxtoronto.com
Alessandro (Alex) Gravina	Head Tennis Professional	416.475.8154	agravina@tenxtoronto.com
Maja Vujic	Tennis Professional	289.501.9210	majavujic95@gmail.com

## GETTING STARTED

To help assist players in identifying general court skills and levels of experience, please review the Player Assessment Guide on the following page. To schedule your 30-minute complimentary tennis assessment and ball machine tutorial, please contact Alex Gravina, Head Tennis Professional.

## PRIVATE LESSONS

60-minutes of court activity includes rally exchange exercises and point play, as requested.

	Tennis Director	Head Tennis Professional	Tennis Professional
Individual	\$125.00 + HST	\$95.00 + HST	\$70.00 + HST
Semi Private (2)	\$65.00 + HST per person	\$50.00 + HST per person	\$35.00 + HST per person
Group of 3	-	\$35.00 + HST per person	\$25.00 + HST per person
Group of 4	-	\$27.50 + HST per person	\$20.00 + HST per person

## HITTING PARTNER — "PRO HIT"

60-minutes of court activity includes rally exchange exercises and point play, as requested.

Head Tennis Professional Fee = \$70.00 + HST

Tennis Professional Fee = \$50.00 + HST

\*Court fees apply for non-sectional members.

## BALL MACHINE

1-hour court activity includes remote controlled feeding exercises designed to enhance all skill levels and playing experience.

To reserve, please contact [frontdesk@tenxtoronto.com](mailto:frontdesk@tenxtoronto.com)

Fee: \$20.00 + HST (court fees apply for non-sectional members)



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# PLAYER ASSESSMENT GUIDE

*The Player Assessment Guide serves to assist players in identifying general court skills and levels of experience.*

LEVEL	DESCRIPTION
1.0 – 2.0	Have just started playing or have limited experience of the rules of tennis. Playing a regular scoring game is a challenge due to inconsistent serving and rally exchange skills.
2.0 – 3.0	Understands basic point play tactics and doubles positioning. Capable of getting the ball in play, challenged with direction control & speed variations. Finding court positions that protect vulnerable weakness. Most often choosing to hit forehand strokes. Avoiding backhand volley and overheads.
3.0 – 4.0	Understands basic court coverage strategy during singles and doubles play. Able to challenge opponents positioning and movement patterns. Capable of increasing ball speed with forehand and serve. Experience returning opponent's serve, using a variety of defensive tactics. Ability to direct volleys and overheads.
4.0 – 5.0	Advancing court coverage skills and tactical patterns in both singles and doubles. Ability to execute a sequence of shots from baseline to net. Experiences reception and timing challenges with spin or slice variations. Unpredictable consistency when receiving well placed and fast paced shots. Comfortable in transitioning into offensive or defensive court positioning.
5.0 – 6.0	Recognizes a variety of game style patterns (all court player, counter-puncher, etc.) Recognizes technical anticipation skills (aware of toss position on serve) Tactical anticipation skills (aware of opponent tendencies in specific situations) Competitive experience in provincial and national events. Collegiate player and/or entry level experience in professional tournaments.
6.0 – 7.0	Extensive international experience at the professional level (6.5) World-class professional tennis player (7.0)



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