

# More Tennis? Try our Clinics!

## STROKE OF THE WEEK

Limited space available. Book now! 5 classes

(Early Bird Pricing before May 7)

All clinics will run on Sundays 10:00–11:00am

\$85/Members \$90/Non-Members

Sign-up at [seancoaching.online](http://seancoaching.online)

### **Rocket Forehand:** May 27

Turn your forehand into a winning shot

### **Backhand SOS!** June 3

The correct 1-and 2-hand backhands

### **Serve: Please go in!!!** June 10

No more lolly-popping when you're serving

### **Return like a Pro:** June 17

The most under-practised shot in tennis

### **Fear of the Net (Doubles):** June 24

Face your fear and conquer it

### **Volley like a Battering Ram:** July 15

Learn to have consistent volleys

### **Smash for Success:** July 22

One of the hardest shots to master in tennis!

### **Lob and Rob:** July 29

Learn to effectively lob opponents

### **Slice and Dice:** Aug 5

A good ace up your sleeve if used properly

### **Drop like nobody's business:** Aug 12

Add this tricky shot to your bucket

## Tennis Ball Machine

Have you ever wanted to try a ball machine? Do you have no one to hit with? This coaching aid enjoys worldwide use and is an easy way to improve your game.

Hours	Type	Price
.5	Private Rental	\$15
1	Private Rental	\$25
5	Private Rental	\$115
10	Private rental	\$200

### Benefits of using a ball machine:

- high repetition of a particular stroke
- consistent feed
- no pressure to return to a partner
- ability to practise on your own

### Best way to improve my game?

- weekly lessons in combination with renting the ball machine
- using the ball machine to practise the skill learned

Want more info on the ball machine? Visit [SeanCoaching.com/ballmachinerental](http://SeanCoaching.com/ballmachinerental)

For more information on camps, e-mail: [sean.coaching@gmail.com](mailto:sean.coaching@gmail.com)

For ALL camps visit:

[www.seancoaching.com/camps/summer-camps](http://www.seancoaching.com/camps/summer-camps)



## SEAN FOWLER

## Tennis Pro

and

## Program Co-ordinator

(Kids & Adult Programming)

### Spring/Summer 2018

Craig Henry Tennis Club  
135 Craig Henry Dr. Ottawa

E-mail: [sean.coaching@gmail.com](mailto:sean.coaching@gmail.com)



Complete program info  
[SeanCoaching.com](http://SeanCoaching.com)



## About our Pro Sean Fowler

Sean is a Tennis Canada Club Pro 2 certified coach and has over 15 years coaching experience at the Craig Henry Tennis Club. He coaches all ages and skill levels in English and French. Using a combination of visual, kinaesthetic and auditory techniques, Sean caters to all learning styles and abilities. He strives to ensure your experience is both enjoyable and rewarding.

### Lessons

#### Private Lesson \$50/H or 5 lessons \$225

The fastest way to improve your game. Lesson plans are tailored according to the client's need. Lessons can be conducted in French or English.

#### Semi-Private Lesson \$60/H or 5/\$275

A great alternative to private lessons. Improve your doubles play with your partner, or take a lesson with a friend/partner to improve your overall game.

#### Group Lessons \$80/H

A lesson with 3-4 players at a time. Improve your skills, play with friends, and have fun all at the same time.

#### **\*NEW\*** Ball Machine Rental \$25/H

Want to groom your strokes? Hit up to 500 balls per hour with a ball machine. Can be combined with a lesson.

#### Match Play \$40/H

Play a match vs. a Club Pro. Great way to improve your game in a match setting.

#### Hitting Coach \$35/H

A private hitting session working on the fundamental strokes of the game during "rallies". Balls are to be provided by the client.

## Kids' Programs (5-14 yrs)

### After School Program

4:30–6:30pm (Weds and Thurs)

4:30–5:30pm (6-9yrs) 5:30–6:30pm (10-14yrs)

(Racquets will be provided free of charge for the duration of the program)

Learn the basic strokes with game-based activities. When children are having fun playing "games", they are actually learning the fundamentals of tennis without realizing it.

**Early bird price before May 7, 2018.**

Date:	Day(s):	Member/ Non
May 16–June 20*	Wed	\$85 / \$90
May 17–June 21*	Thur	\$85 / \$90
May 16/17-June 20/21*	Wed/Thur	\$160 / \$170

\*Rain dates the following week.

Sign-up at [seancoaching.online](http://seancoaching.online)

### Weekend Program (Saturday)

10am–12pm

Learn to Play is a Tennis Canada curriculum that uses Progressive Tennis to introduce the sport in a fun and interactive way, ensuring success for young players. Using scaled down equipment and court space, young players learn the fundamentals of tennis in a game-based environment.

**Early bird price before May 7, 2018.**

10am–11am (6-8 yrs)

Date:	Member/ Non-Member
May 26–June 23	\$75 / \$80
July 14–Aug 11	\$75 / \$80

11am–12pm (9-12 yrs)

Date:	Member/ Non-Member
May 26–June 23	\$75 / \$80
July 14–Aug 11	\$75 / \$80

Sign-up at [seancoaching.online](http://seancoaching.online)

## Summer Camps (5-14 yrs) July-Aug

Enjoy 3.5-4 hours of tennis throughout the day. Participants are grouped according to age and abilities. Pre-care (8:00 -9:00am) and After-care (4:00 -5:00pm) are included in the price. Camp runs rain or shine; indoor activities are provided in case of rain.

**Early bird price before May 15, 2018.**

### Full-Day (9am–4pm)

Date	Member/ Non-Member
July 16-20	\$235 / \$240

### Half-Day (9am–12pm)\*

Date	Member/ Non-Member
July 16–20	\$145 / \$150
July 23–27	\$145 / \$150
Aug 07–10**	\$110 / \$120
Aug 20–24	\$145 / \$150

Note: \*Pre-care only included in price

\*\*Special Price for 4-day week

Sign-up at [seancoaching.online](http://seancoaching.online)

## Adult Programs (16 yrs+)

### Adult Beg 1.0 Sundays: 5pm–6pm

May 27–June 17 / July 8–July 29

Members \$72 / Non-Members \$80

New to tennis? Learn the basics, including rules and equipment. Progressive equipment is used to facilitate learning.

### Adult Beg 2.0 Sundays: 6pm–7pm

May 27–June 17 / July 8–July 29

Members \$72 / Non-Members \$80

For beginners with some experience. Classes focus on fundamentals to ensure a proper stroke technique and improve rally skills.

Sign-up at [sean.coaching@gmail.com](mailto:sean.coaching@gmail.com)