



# PROGRESSIVE TENNIS PROGRAMS WINTER SESSION AGE 4 - 17

AT CEDAR SPRINGS HEALTH RACQUET AND SPORTSCLUB  
January 7 - April 28, 2019

Cedar Springs Health, Racquet and Sportsclub invites you to come and take tennis lessons with one of Canada's leading edge tennis schools - ACE Tennis. ACE provides programs for players of all levels and commitment; from leading edge high performance programs to progressive skills development programs for players as young as age 4. ACE at Cedar Springs Club is a GOLD Tennis Development Center and has been recognized as a leader in tennis development for more than 40 years. Our coaches are certified by Tennis Canada and provide a scientific, progressive approach to teaching tennis in a fun supportive environment. Visit [acetennis.ca](http://acetennis.ca) for more information.

## PROGRESSIVE / RECREATIONAL DIRECTOR KYRYLO TABUNSHCHYK

Session 1 [Autumn]: September 10, 2018 - December 23, 2018 [15 weeks]

Session 2 [Winter]: January 7, 2019 - Sunday April 28, 2019 [15 weeks]. No programs March Break.

Session 3 [Spring]: April 29, 2019 - Sunday June 30, 2019 [9 weeks]

All prices are subject to HST. A membership with Cedar Springs is required, please contact [crea@cedarspringsclub.com](mailto:crea@cedarspringsclub.com)

### PROGRESSIVE 1 Age 4 - 7 Head Coach Mike Donski

This program is designed for children 4 - 7 years old. 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.  
**When:** Monday or Wednesday 6pm - 7pm, Thursday Experienced 7pm - 8pm, **Cost:** Session 1 and 2 [each 15 weeks / once per week]: \$300 per session. Session 3 [9 weeks / once per week]: \$180 per session. **Cedar Springs Basic Membership 1 is required.**

### PROGRESSIVE 2 Age 8 - 10 Head Coach Mihai Mocanu

This program is designed for players 8 - 10 years old. 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 ¾ court size.  
**When:** Mondays or Wednesdays 7pm - 8pm, Tuesdays 6pm - 7pm, Sundays 9am - 10am. **Cost:** Session 1 and 2 [each 15 weeks / once per week]: \$450 per session. Session 3 [9 weeks / once per week]: \$270 per session. **Cedar Springs Basic Membership 2 is required.**

### PROGRESSIVE 3 Age 10 - 13 Head Coach Mihai Mocanu

This program is designed for players age 10 - 13. 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.  
**When:** Tuesdays 7-8pm, Wednesdays 6pm - 7pm **Progressive 3 for Advanced players** will be offered, please contact [info@acetennis.ca](mailto:info@acetennis.ca).  
**Cost:** Session 1 and 2 [each 15 weeks / once a week]: \$450 per session. Session 3 [9 weeks / once per week]: \$270 per session. Session 3 [9 weeks / once per week]: \$255. **Cedar Springs Basic Membership 3 is required.**

### HIGH SCHOOL TEAM Age 10 - 15 Head Coach Tom Pocięcha

This program is a 2 days a week program, designed for players who want to improve their match playing skills. Players as young as 10 can participate as long as they are able to maintain a full rally on a full sized tennis court with regular balls.  
2 days a week is recommended for players to advance. **When:** Mondays and Wednesdays OR Tuesdays and Thursdays 7:30pm - 9pm.  
**Cost:** Session 1 and 2 [each 15 weeks / twice per week]: \$1,350 per session. Session 3 [9 weeks] / twice per week]: \$810 per session.  
**Once a week participation is available upon request. Cedar Springs JR Fitness Membership is required.**

**LOOK OUT FOR 2014 Team** program being offered as a FREE 8 week introductory program for children born in 2014. The program will start late January, please go to [www.acetennis.ca](http://www.acetennis.ca) for more information.



ACE TENNIS programs at  
**Cedar Springs**  
Health, Racquet and Sportsclub  
960 Cumberland Avenue  
L7N 3J6 ON Burlington



Contact us: [info@acetennis.ca](mailto:info@acetennis.ca) 905.632.9500 To register: [acetennis.ca](http://acetennis.ca)  
[cedarspringsclub.ca](http://cedarspringsclub.ca)