



UBC Tennis Centre
6160 Thunderbird Blvd
Vancouver, BC V6T 1Z3
Tel: 604.822.2505

SPRING & SUMMER HOURS
MAY 1 - AUG 31, 2011

MON - SUN 8:00AM - 11:00PM



Rendering of the new UBC Tennis Centre to be completed in Summer 2011

WELCOME TO THE UBC TENNIS CENTRE

The UBC Tennis Centre is a public facility open to anyone interested in playing tennis. The centre currently consists of four indoor courts, but keep your eyes open for big changes because this summer we will be adding 8 new indoor courts and 1 new outdoor court! For complete information regarding hours of operation, court booking procedures, and tennis programming available for all ages, please visit our website at www.tennis.ubc.ca or drop by the centre anytime.

GROUP INSTRUCTIONAL PROGRAMS

The UBC Tennis Centre offers programs tailored to players of all levels. Our programs offer new players a great introduction to the game, giving them the fundamentals required to enjoy tennis as a lifetime sport. For players with previous experience, we offer the necessary instruction to propel their game to the next level. All programs are directed by Tennis Canada Certified Instructors.

ADULT 1.0 -1.5

This course is designed to introduce participants to the rules, scoring, and strategy of the game in both singles and doubles play. An introduction to the fundamental strokes (serves, volleys, and ground strokes) will be taught with emphasis placed on impact point and proper court positioning.

ADULT 2.0

This course is designed to help participants improve their consistency in rallying by focusing on footwork, reaction time and impact point. This increased control will allow you to challenge your opponent and prepare yourself for Level 2.5. Participants will be taught how to receive a variety of shots including deep, short and wide balls. A 2.0 Player has the ability to serve at 40% consistency, forehand volley using a catching action, and rally 10 balls in a row from $\frac{3}{4}$ court.

ADULT 2.5

This course is designed to give players a greater tactical understanding of the game. This program focuses on game play, by training common situations in singles and doubles. Players will learn to dominate their opponents by using increased control and spin. A 2.5 player has the ability to execute a first serve using a full service motion, serve with 40% consistency, volley off both sides using a catching action, and direct forehand volleys. Players also have the ability to perform a 6-ball baseline rally within 15 seconds.

ADULT 3.0 - 3.5

This program is designed to help a 3.0 - 3.5 player transition to the next level by helping them develop the ability to create shot patterns and points with consistency. By using reliable shot combinations, players will learn to be more aggressive by moving their opponent around and exploiting their weakness. A 3.0 player can execute both serves using a full service motion, while being able to achieve more than 50% success on the first serve. Players can also control direction off both FH and BH volleys but with little offense.

ADULT HIGH PERFORMANCE

This program is offered to give 4.0 + players the opportunity to train at a competitive level. Players at this level have a good skill base and have acquired a consistent repertoire of shots. Drills in this program are designed to integrate the technical, tactical, physical and mental elements of the game.



BREAK A STRING? COME IN TODAY TO CHECK OUT OUR SELECTION OF OVER 10 DIFFERENT STRING TYPES AND LET US STRING YOUR RACQUET FOR YOU!

DRILLS PROGRAMS

Our Drill Session Programs provide players the opportunity to practice the fundamentals and skills acquired in our instructional programs. We offer drill sessions tailored to players ranging from 1.0 - 5.0+ level. Please visit our website and check out the self-rating guide to help you decide which programs best suits your needs.

ADULT SINGLES LEAGUE

By using a ladder format the league offers great match play for lower intermediate (2.5) to advanced (5.0+) players. Participants will play a singles match for 1.5 hrs once a week. All matches will be played on Saturday or Sunday evenings between 6:00 pm and 9:00 pm. League will run for 7 weeks with playoffs being held on the last week.