

2026 JR. SPRING TENNIS PROGRAMS

OPEN TO MEMBERS & NON MEMBERS!



Choose A Program



Pick A Day & Time



SIGN UP...TENFIT WILL DO THE REST!



QUICKSTART JR. BEGINNER:

Classes are grouped by age. Ages 4-5 years old 6-8 years old 9-11 years old See page 2 for schedule & pricing

Learning tennis in a fashion that is easy, fun, co-operative, and progressive is what makes the Quickstart program great! Programming will ensure your child will learn and be ready to hit tennis balls consistently with a partner, and use learned skills to practice & continue playing. Fun, fitness, unique games and drills will all be incorporated into each lesson!

**LOW STUDENT:COACH RATIO PROGRAMS
PROGRAMS LED BY OUR ADULT COACHING STAFF**



COURT SENSE PRACTICE & PLAY + FITNESS (Intermediate + Advanced Levels)

Ages 9-12 or 13-15 See page 2 for schedule & pricing **NEW FOR 2026—POST FITNESS TRAINING**

This program is formatted in a way that works with participants who have playing experience and are looking to further develop rallying and playing techniques. Court Sense focuses on play led by our coaches who provide players with feedback and tips. An innovative format featuring live ball scenarios will be used to help pinpoint the importance of positioning and learned skills. Singles, doubles, and teams will be used in a fun and challenging program targeting each participant's individual skill level. Each court will feature one of our coaches who will lead and help improve play development.

◆ RACKETS ARE AVAILABLE TO BORROW AT ALL CLASSES!

TEN•FIT

For A Healthy Lifestyle, Come For A Hit And Stay Fit !!

mark@northtorontotennis.com

PROGRAMS

 <p>PROGRESSIVE RED ball</p>	 <p>TENNIS ORANGE ball</p>	 <p>PROGRAMS GREEN ball</p>
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NORTH TORONTO TENNIS CLUB

NORTH TORONTO TENNIS CLUB
200 LYTTON BLVD.
TORONTO, M4R 1L4

CARDIO KICK
HEART PUMPING FITNESS

Wilson



2026 SPRING JUNIOR GROUP LESSON SCHEDULE

PROGRAM

DATES & TIMES

COST

QUICKSTART BEGINNER LEVEL

AGES: 4-5
6-8
9-11

*CLASSES GROUPED BY AGE AND
SKILL LEVEL*

TUESDAY 4:00-5:00PM

TUESDAY 5:00-6:00PM

SESSION 1: April 28 May 5, 12, 19

SESSION 2: May 26 June 2, 9, 16

THURSDAY 5:00-6:00PM

SESSION 1: April 30 May 7, 14, 21

SESSION 2: May 28 June 4, 11, 18

FRIDAY 4:00-5:00PM

SESSION 1: May 1, 8, 15, 22

SESSION 2: May 29 June 5, 12, 19

SATURDAY 10:00-11:00AM

SATURDAY 11:00AM-NOON

SATURDAY NOON-1:00PM

SATURDAY 3:00-4:00PM

SESSION 1: May 2, 9, 16, 23

SESSION 2: May 30 June 6, 13, 20

\$120.00 / SESSION

(includes HST)

**EACH SESSION IS
4 ONE hour CLASSES**

U12 COURT SENSE INTERMEDIATE LEVEL+FITNESS AGES 9-12

*SESSIONS ARE GROUPED BY AGE
AND SKILL LEVEL
(15min of fitness included in each class)*

TUESDAY 4:00-5:15PM

SESSION: April 28 May 5, 12, 19,

May 26 June 2, 9, 16

FRIDAY 5:00-6:15PM

SESSION: May 1, 8, 15, 22,

May 29, June 5, 12, 19

SATURDAY 4:00-5:15PM

SESSION: May 2, 9, 16, 23, 30,

June 6, 13, 20

\$265.00 / SESSION

(includes HST)

**8 CLASSES INCLUDES FITNESS
COURT SENSE IS ONE SESSION**

U15 COURT SENSE INTERMEDIATE LEVEL+FITNESS AGES 13-15

*SESSIONS ARE GROUPED BY AGE
AND SKILL LEVEL
(15min of fitness included in each class)*

THURSDAY 4:00-5:15PM

SESSION: April 30 May 7, 14, 21,

May 28, June 4, 11, 18

SATURDAY 5:00-6:15PM

SESSION: May 2, 9, 16, 23, 30,

June 6, 13, 20

\$265.00 / SESSION

(includes HST)

**8 CLASSES INCLUDES FITNESS
COURT SENSE IS ONE SESSION**

MAKE-UP CLASSES - ONLY AVAILABLE FOR RAINOUT CLASSES

PLEASE CONTACT MARK WITH ANY REGISTRATION QUESTIONS: mark@northtorontotennis.com

REGISTRATION FORM

Last Name: _____ First Name: _____

Address: _____

City: _____ Postal Code: _____

Home Phone: _____ Cell/Office Phone: _____

E-mail Address: _____

Medical Condition / Health Concerns/Allergies:

Health Card Number: _____

Name of Parent or Guardian(s) (Junior Program only): _____

Date of Birth: Day _____ / Month _____ / Year _____ / Age _____

Gender (please circle) Male / Female

In case of emergency please contact: _____ Relation: _____

Phone Number: _____

DAY (please circle): TUESDAY THURSDAY FRIDAY SATURDAY

CLASS TYPE: (please circle) QUICKSTART **SESSION (please circle):** 1 2

COURT SENSE U12 / U15

PLEASE FILL IN DESIRED TIME: _____ **TOTAL AMOUNT \$** _____

PLEASE EMAIL COMPLETED FORM TO: mark@northtorontotennis.com

E TRANSFER PAYMENTS TO: mark@northtorontotennis.com

Waiver:

I, the undersigned, submit that my child is physically fit to participate in strenuous athletic activity and hereby waive and release TenFit, their affiliates, employees, directors, facilities and all other related parties of any and all liability or responsibility in the case that my child should experience illness or injury during his/her participation in the program. I hereby authorize the staff of TenFit to act accordingly to their best judgment in any emergency requiring medical attention. I understand that I am solely responsible for any such medical expense over and above OHIP coverage. My signature on this waiver also indicates that the above named is covered by my personal insurance.

Applicant Signature: _____

Parent Signature: _____ Date: _____