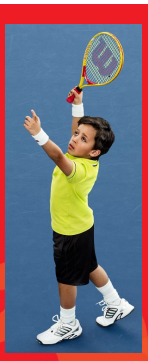
# 2026 JR. FALL TENNIS PROGRAMS

## OPEN TO MEMBERS & NON MEMBERS!



**Choose A Program**

**Pick A Day & Time**

**SIGN UP...TENFIT WILL DO THE REST!**

**Free Assessment**
BY APPOINTMENT ONLY

## 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**

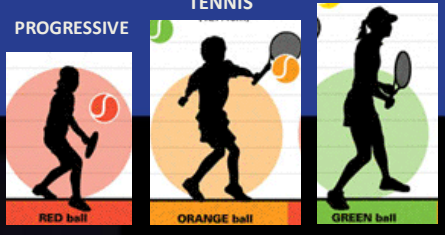
## COURT SENSE PRACTICE & PLAY + FITNESS (Intermediate + Advanced Levels)

*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!**

PROGRESSIVE TENNIS PROGRAMS



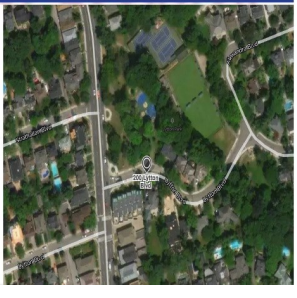

**TEN FIT**

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

mark@northtorontotennis.com

**NORTH TORONTO TENNIS CLUB**

North Toronto Tennis Club
200 Lytton Blvd.
Toronto, M4R 1L4
Cardio Tennis
Wilson



# 2026 FALL JUNIOR GROUP LESSON SCHEDULE

| PROGRAM | DATES & TIMES | COST |
|---|---|---|
| QUICKSTART<br>BEGINNER LEVEL<br>AGES: 4-5<br>6-8<br>9-11<br><br>*CLASSES GROUPED BY AGE AND SKILL LEVEL* | TUESDAY 4:00-5:00PM<br>TUESDAY 5:00-6:00PM<br>SESSION: September 15, 22, 29, October 6<br><br>THURSDAY 5:00-6:00PM<br>SESSION: September 17, 24, October 1, 8<br><br>FRIDAY 4:00-5:00PM<br>FRIDAY 5:00-6:00PM<br>SESSION: September 18, 25, October 2, 9<br><br>SATURDAY 10:00-11:00AM<br>SATURDAY 11:00AM-NOON<br>SATURDAY NOON-1:00PM<br>SATURDAY 3:00-4:00PM<br>SESSION: September 19, 26, October 3, 10 | $120.00 / SESSION<br>*(includes HST)*<br><br>THE SESSION IS 4 ONE hour CLASSES |
| U12 COURT SENSE<br>INTERMEDIATE LEVEL+FITNESS<br>AGES 9-12<br>*SESSIONS ARE GROUPED BY AGE AND SKILL LEVEL* | THURSDAY 4:00-5:00PM<br>SESSION: September 17, 24, October 1, 8<br><br>SATURDAY 4:00-5:00PM<br>SESSION: September 19, 26, October 3, 10 | $120.00 / SESSION<br>*(includes HST)*<br><br>THE SESSION IS 4 ONE hour CLASSES |
| U15 COURT SENSE<br>INTERMEDIATE LEVEL+FITNESS<br>AGES 13-15<br>*SESSIONS ARE GROUPED BY AGE AND SKILL LEVEL*<br>*(15min of fitness included in each class)* | THURSDAY 4:00-5:00PM<br>SESSION: September 17, 24, October 1, 8 | $120.00 / SESSION<br>*(includes HST)*<br><br>THE SESSION IS 4 ONE hour CLASSES |

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**

**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: _____