

Nassagaweya Tennis Club



Lesson Program

Paula Sousa, Club Pro

With a strong sports background in particular soccer, I discovered tennis at the age of 25.

I started with lessons at my local courts, The Aldershot Tennis Club, and immediately fell in love with the game. I continue to develop my skills to this day. Improving as a player allows me to enjoy tennis more as I move on. I look forward to everything from friendly "HITS" and Club Championships, to the high level of competition of the OTA (Ontario Tennis Association); National and Provincial Level.

I completed the instructors' and coaches' course and for over 10 years have taught the game to hundreds of kids, teens, and adults at the Aldershot Tennis Club, and Roseland Country Club. Five years ago I had the pleasure to join you as a coach at the NTC.

As a game, tennis can't be beat for all-round fitness and fun for all ages. It's a game that's based on good sportsmanship and fair play. Tennis is affordable; all you need is a racquet, good shoes, a can of balls, and a friend to play with.

I look forward to passing along good advice, proper mechanics in making you a better player, and most of all sharing my love of the game.

PAULA IS AVAILABLE FOR PRIVATE LESSONS AT A COST OF \$30/HOUR. PLEASE CONTACT HER IF YOU'RE INTERESTED (905)681-2865 OR (289)260-7460

TWO FREE TENNIS LESSONS!

Tuesday April 26 and May 3

Tennis Lessons begin

Tuesday May 10 for 6 weeks

(max. 8 per group; first come-first served)

| | |
|------------------|----------------|
| Jr. Beginner | 5:45 – 6:30 pm |
| Jr. Intermediate | 6:30 – 7:30 pm |
| Jr. Advanced | 7:30 – 8:30 pm |
| Adults | 8:30 – 9:30 pm |

\$70 for Juniors and \$80 for Adults

Sundays

Come out and put your skills in action in pro-led games!!
No cost for members

Running:

May 8—June 26

| | |
|------------------------------|--------|
| Beginner | 1-2 pm |
| Intermediate and Advanced | 2-4 pm |

**** No clinic on Sunday May 22 ****



Summer programme

THREE WEEKS to choose from:

\$25/child/week

| | July 4 –8 | July 18-22 | August 8-12 |
|--------------|-----------|------------|-------------|
| Beginners | 2:15—3:00 | 2:15—3:00 | 9:15—10:00 |
| Intermediate | 3:00—4:00 | 3:00—4:00 | 10:00—11:00 |
| Advanced | 4:00—5:00 | 4:00—5:00 | 11:00—12:00 |