

“The Game for Life, Played for Fun”

For 29 years False Creek has provided lessons to thousands of adults and children who have had great fun while learning, playing and staying with the game of tennis. For more information: gordhaukastennis@gmail.com or www.gordhaukastennis.com

Whether you are beginner or advanced, Gord can teach you the technical, tactical or emotional sides of tennis. Whatever your level, there is a program for you. Make this your year to begin, or to take your game to a new level.



All classes are taught with enthusiasm and the greatest respect for your efforts. We will provide racquets for use in class and endless fun to help you on the way.

Tennis Registration/Refund Procedures

- The instructor reserves the right to assess and place participants in the level best suited for their success. For more information: www.gordhaukastennis.com or gordhaukastennis@gmail.com.
- No refunds will be issued after the program has started except for medical reasons (doctor’s note must be provided) and rain outs (if instructor is unable to schedule make up classes during the set.).
- Refunds prior to the start date will be issued up to 72 hours prior to the class. A \$5 administrative fee will be charged.
- No classes will be held on Sep 5.
- Fees include HST where applicable.
- Lesson locations vary. Check the location listed to the right of the course number.

Tennis Court Locations

FCCC False Creek Community Centre Courts.	Parkade 650 Moberly Rd. (north of 6 th Ave between Heather & Ash).	14th & Fir One block west of Granville.
---	--	---

BEGINNER LEVEL 1.0-1.5

What you can do: For those who have never had lessons or tried tennis before. Wear flat-soled shoes; bring a self-forgiving attitude and a racquet if you have one.

What you will learn: The serve, forehand, backhand, volleys, lobs and the smash! We will give you a racquet to use in class if needed.

How we will teach: With boundless encouragement and investment in your success. We start with a smaller court, slower balls, and fun through game drills and play.

M & W 43301.210	Aug 29-Sep 19 FCCC Courts	5:15-6:40pm \$76/6 sessions
Sa & Su 43301.211	Sep 10-Sep 25 14th & Fir Courts	9:15-10:35am \$76/6 sessions

NOVICE LEVEL 2.0-2.5

What you can do: Consistently rally 10 Balls in a row from 3/4 court, hit a 2nd serve using a full motion, volley on the forehand, or have completed a Beginner Level 1.0-1.5.

What you will learn: All the above, consistently, at full court, with an easy-play ball.

How we will teach: Enthusiastically, giving supportive correction to work on those mistakes that delay progress; developing consistency through “Game Based Drills”

Tu & Th 43302.210	Aug 20-Sep 15 FCCC Courts	5:15-6:40pm \$76/6 sessions
Sat & Sun 43302.211	Sep 10-25 14th & Fir Courts	10:40am-12:00pm \$76/6 sessions
M & W 43302.401	Oct 3-24 FCCC Courts	5:15-6:45 pm \$96/6 sessions



NOVICE PLUS LEVEL 2.5-3.0

What you can do: Rally 8 Balls in a row from full court, serve with a full motion, hit forehand & backhand volleys, and know basic singles and doubles strategy. _

What you will learn: To improve placement and consistency, add topspin to the forehand, slice to the volley & backhand, and spin to the serve.

How we will teach: We will instruct the skills, do the drills and play the game.

M & W 43303.213	Aug 29-Sept 19 Granville Loop	6:40-8:00pm \$76/6 sessions
Tu & Th 43303.214	Aug 30-Sept 15 FCCC Courts	8:00-9:20pm \$76/6 sessions
Sa & Su 43303.215	Sept 10-25 FCCC Courts	12:00pm-1:20pm \$76/6 sessions
M & W 43303.401	Oct 3-24 FCCC Courts	6:15-8:00pm \$96/6 sessions



INTERMEDIATE LEVEL SKILLS & DRILLS 3.5-4.0

What you can do: Forehands & backhands with spin and slice, direct ground strokes and volleys in evil ways, serve with spin and speed, lob, smash, and run.

What you will learn: To develop these skills into successful strategies and tactics,

How we will teach: With relentless focus on the development of your mental game and the consistency, patience and control to survive the battles on the court.

M & W 43305.209	Aug 30-Sep 15 FCCC	6:40-8:00pm \$76/6 sessions
43305.401 Tu & Th	Oct 4-20 FCCC Courts	6:40 -8:00pm \$96/6 sessions

LOWER INTERMEDIATE LEVEL 3.0-3.5

The Level of Death-where most recreational tennis players get and stay stuck!)

What you can do: Make the same mistakes or have difficulty when trying to add pace to a rally.

What you will learn: How to use footwork & focus to add pace, improve placement and consistency.

How we will teach: With great fun and respect for your efforts. This is the Level of Death-where most recreational players get and stay stuck! You will receive corrections through drills and game-based situations.

M & W 43304.212	Aug 29-Sep 19 FCCC	6:40-8:00pm \$76/6 sessions
43304.401 Tu & Th	Oct 4-20 FCCC Courts	6:40 -8:00pm \$96/6 sessions

"It's more than about tennis. It's about fun, fitness, and community."

