

**Gord Hauka's Tennis**  
**"Play Is What We Teach"**  
**False Creek Winter & Early Spring**

**"The Game for Life, Played for Fun"**

For 29 years Gord Hauka has provided lessons to thousands of adults and children who have had great fun while learning, playing and staying with the game of tennis. 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. For more information go to [www.gordhaukastennis.com](http://www.gordhaukastennis.com) or email Gord @ [gordhaukastennis@gmail.com](mailto:gordhaukastennis@gmail.com)

**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](http://www.gordhaukastennis.com) or [gordhaukastennis@gmail.com](mailto: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.
- Fees include HST where applicable.
- Lesson locations vary. Check the location listed to the right of the course number.

**Tennis Court Locations**

\*All Polar Lessons are at False Creek Tennis Courts.

<p><b>FCCC</b> False Creek Community Centre Courts.</p>	<p><b>Hemlock</b> 6th &amp; Hemlock Granville Loop Tennis Courts</p>	<p><b>14<sup>th</sup> &amp; Fir</b> One block west of Granville.</p>
---	--	--

**Polar Tennis**

Join us for our 12th season of Winter Madness as we blow the leaves and sweep the snow off the courts then chase the ball to keep the body warm and the strokes in shape



**Polar Schedule\*(See Page 32 for Level Descriptions)**  
**\*All classes are held at False Creek Courts**

<b>Novice 2.0-2.5</b>	43302.101	M & W Jan 16-Feb 1	5:15- 6:35pm	\$96
<b>Novice Plus 2.5-3.0</b>	43303.101	Tu & Th Jan 17-Feb 2	5:15- 6:35pm	\$96
<b>Lower Intermediate 3.0-3.5</b>	43304.101	M & W Jan 16-Feb 1	6:40- 8:00pm	\$96
<b>Intermediate 3.5-4.0</b>	43305.101	Tu & Th Jan 17-Feb 2	6:40- 8:00pm	\$96

Make up Dates February 6-29.

**Wind, Snow and Rain Outs**

Polar Tennis presents many challenges to the committed Tennis Addict. Particular to note is of course the 'weather or not' conditions of the court and air temperature.

Check [www.gordhaukastennis.com](http://www.gordhaukastennis.com) daily and you will get an hourly update on the conditions of the court and contact numbers should it be necessary to call and confirm. If we are unable to complete all sessions by the end date, make up time is available until February 29.



# Spring Tune Up and Play Time



Spring Tune Up gets your game back in shape with 3 weeks of intense de-rusting. If you took the winter off, register for the level you last completed. In all the classes you will work on footwork, running, hitting. Tennis shoes are required to insure safety and prevent injury

## Tune Up Schedule

(See right of page for Level Descriptions.)

<b>Novice 2.0-2.5</b>	43302.120	M & W Mar 5-21 False Creek	5:15-6:35pm	\$96
<b>Novice Plus 2.5-3.0</b>	43303.120	Tu & Th Mar 6-22 False Creek	5:15-6:35pm	\$96
<b>Lower Intermediate 3.0-3.5</b>	43304.120	M & W Mar 5-21 False Creek	6:40-8:00pm	\$96
<b>Intermediate 3.5-4.0</b>	43305.120	Tu & Th Mar 6-22 False Creek	6:40-8:00pm	\$96

Make up Dates March 26-April 5.

## Play Time Schedule

PlayTime is Coach Supervised Match Singles and Doubles Play. During the matches the coach will correct strokes, outline strategies, and suggest tactics all focused on improving your Match Play.

Levels are combined to allow more variety in play.

<b>Novice Novice Plus 2.0-3.0</b>	43302.121	Sat Mar 3-17 14 <sup>th</sup> & Fir	9:15-11:15am	\$72
<b>Lower Intermediate &amp; Intermediate 3.5-4.0</b>	43304.121	Sat Mar 3-17 14 <sup>th</sup> & Fir	11:15am- 1:15pm	\$72

Make up Dates March 24-April 7

# The Levels Made Easy

*The Levels as we teach them are your best way to choose how to improve your game.*

### 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. **What you will learn:** The serve, forehand, backhand, volleys, lobs and the smash! **How we will teach:** With boundless encouragement and investment in your success.

### NOVICE LEVEL 2.0-2.5

**What you can do:** Consistently rally 10 Balls in a row from 3/4 court, serve using a full motion 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.

### NOVICE PLUS LEVEL 2.5-3.0

**What you can do:** Rally 8 Balls in a row from full court, 70% 2<sup>nd</sup> serve, hit FH & BH volleys. **What you will learn:** To improve placement and consistency, add topspin to the f/h, slice to the volley & b/h, and spin to the serve. **How we will teach:** We will instruct the skills, do the drills and play the game and run, run, run.

### LOWER INTERMEDIATE 3.0-3.5

**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, and 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 drill and drill!

### INTERMEDIATE 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 court.

### ADVANCED 4.0

Advanced Program information available on the web @ [www.gordhaukastennis.com](http://www.gordhaukastennis.com) Do not register without being able to do all the above.

### PLAY TIME MADE EASY

These ARE NOT LESSONS. Players must have completed the Lesson Level before registering for that PlayTime Level. These are Coach Supervised Match Singles and Doubles Play. The coach will correct choices, outline strategies, and suggest tactics all focused on improving your game. Not an instructional program.



# Spring Lessons Clinics and Leagues

## Beginner Lesson Level 1.0-1.5

43301.130	M & W Apr 11-30 FCCC Courts	5:15-6:35pm	\$96
43301.131	Tu & Th Apr 10-26 6 <sup>th</sup> & Hemlock	6:40-8:00pm	\$96
43301.132	Sa/Su Apr 14-29 14 <sup>th</sup> & Fir	9:15-10:35am	\$96

Make up Dates May 1-6

## Beginner Play Time

These ARE NOT LESSONS. Players must have completed the Lesson Level before registering for that Play Time Level. These are Coach Supervised Match Singles and Doubles Play. The coach will correct strokes, outline strategies, and suggest tactics all focused on improving

43301.133	M & W April 11-23 14 <sup>th</sup> & Fir	5:00-6:30pm	\$72
-----------	--	-------------	------

Make up dates April 25-30

## Novice Lesson Level 2.0-2.5

43302.130	M & W Apr 11-30 FCCC Courts	6:40-8:00pm	\$96
43302.131	Tu & Th Apr 10-26 6 <sup>th</sup> & Hemlock	5:15-6:35pm	\$96
43302.132	Sa/Su Apr 14-29 14 <sup>th</sup> & Fir	10:40am-12:00pm	\$96

## Novice Play Time

These ARE NOT LESSONS. Players must have completed the Lesson Level before registering for that Play Time Level. These are Coach Supervised Match Singles and Doubles Play. The coach will correct strokes, outline strategies, and suggest tactics all focused on improving your game.

43302.133	M & W Apr 11-23 14 <sup>th</sup> & Fir	6:30-8:00pm	\$72
-----------	--	-------------	------

Make up dates April 25-30

## Novice Plus Lesson Level 2.5-3.0

43303.130	Tu & Th Apr 10-26 FCCC Courts	5:15-6:35pm	\$96
43303.131	Tu & Th Apr 10-26 14 <sup>th</sup> & Fir	5:15-6:35pm	\$96

Make up dates April 25-30

## Novice Plus Play Time

These ARE NOT LESSONS. Players must have completed the Lesson Level before registering for that Play Time Level. These are Coach Supervised Match Singles and Doubles Play. The coach will correct strokes, outline strategies, and suggest tactics all focused on improving your game.

43303.132	Sa Apr 14-28 14 <sup>th</sup> & Fir	12:00-2:00pm	\$72
-----------	--	--------------	------

Make up Dates April 25-30



## Lower Intermediate Lesson Level 3.0-3.5

43304.130	M & W Apr 11-30 FCCC Courts	8:00-9:20pm	\$96
43304.131	Tu & Th Apr 10-26 14 <sup>th</sup> & Fir	6:35-8:00pm	\$96

Make up dates April 25-30

## Lower Intermediate Play Time

These ARE NOT LESSONS. Players must have completed the Lesson Level before registering for that Play Time Level. These are Coach Supervised Match Singles and Doubles Play. The coach will correct strokes, outline strategies, and suggest tactics all focused on improving your game.

43304.132	Su Apr 15-29 14 <sup>th</sup> & Fir	12:00-2:00pm	\$72
-----------	---	--------------	------

Make up Dates April 25-30

## Early Spring Lessons

### Intermediate Level 3.5-4.0

43305.130	Tu & Th Apr 10-26 FCCC Courts	6:40-8:00pm	\$96
-----------	-------------------------------------	-------------	------

Make up Dates April 27-May 4

### Intermediate Play Time

Remember these ARE NOT LESSONS no play, no pay.

43305.131	Su Apr 15-29 14 <sup>th</sup> & Fir	4:00-6:00pm	\$72
-----------	---	-------------	------

### Advanced Level 4.0+

43306.130	Fri Apr 13-27 FCCC Courts	6:40-8:00pm	\$96
-----------	---------------------------------	-------------	------

Make up Dates April 27-May 4

### Advanced Play Time

Remember these ARE NOT LESSONS no play, no pay.

43306.131	Su Apr 15-29 14 <sup>th</sup> & Fir	4:00-6:00pm	\$72
-----------	---	-------------	------



## The False Creek Seniors Tennis

Program is organized to provide levels of play for both Novice and Experienced Players. One morning of Instruction and two of organized Play Time will be available for both levels. Schedule for spring will include and organizational session with the coach and players on the first day of the scheduled lesson. April 23 for Novice and All play is at 14<sup>th</sup> and Fir Courts. Check daily for courts conditions at [www.gordhaukastennis.com](http://www.gordhaukastennis.com)

Cost is \$36.00 for the Spring Session

Novice 43307.130	M/W Apr 23-Jun 20	Lesson-8:30-9:15am Play 9:15-10:30am
Novice 43307.131	Tu/Th Apr 24-Jun 21	Lesson-8:30-9:15am Play 9:15-10:30am

## Clinics, Clubs And Other Fun

### Service Clinics

What you can do: Have completed a Novice Level; hit a second serve using a full motion. What you will learn: The proper grip; the difference between a good and bad toss; consistency, placement and spin; mental preparation, breathing... what to do next and how to play your serve in "Game Conditions". How we will teach: With great patience - this is one of the hardest skills in the known and unknown universe. Enthusiastically supporting your efforts and providing practice sessions to last a life time

43307.140	Sa May 5 14th & Fir	3:15-5:15pm	\$24
43301.141	M May 7 14th & Fir	5:50-7:30pm	\$24

Make up Dates Tu May 8.

### Doubles Clinics

What you can do: Have completed the Level of Play for the clinic you are joining. What you will learn The most fun to be had in a short term relationship! How we will teach: With technical and tactical expertise-teaching the obvious and the evil of Playing Winning Doubles-no matter the partner. Remember to bring h2o and snacks as it will be a very long and hot day!

Level 2.5-3.0 43308.140	Sa/Su May 5/6 14th & Fir	9:00am-12:00pm	\$72
Level 3.0-3.5 43308.141	Sa/Sun May 5/6 14th & Fir	12:15-3:15pm	\$72

Make up Dates Sa/Sun May 12/13.



The False Creek Tennis Club is a recreational club for adult tennis players of level 3.0 and above. For the 2012 season, outdoor play will run from mid April until mid September. Organized social doubles games are played on Sunday mornings, and Wednesday and Friday evenings. In addition, various tennis tournaments and social activities are held throughout the year.

Information on membership for the 2012 season will be posted on our website [www.falsecreektennisclub.com](http://www.falsecreektennisclub.com) by February 1st, with registration information posted soon after that. Membership costs only \$70.

For more information about the Club, please check us out on the web at [www.falsecreektennisclub.com](http://www.falsecreektennisclub.com), or contact Cheryl at [fccp.res@gmail.com](mailto:fccp.res@gmail.com)

