Dundas Tennis Club

Junior Development Programmes: Progressive Tennis

Introduce your child to the wonderful sport of Tennis through Progressive Tennis – an exciting European initiative endorsed by Tennis Canada that 'starts your child out with the right fundamentals' and 'makes it easy for children to enjoy the game at a young age'. Using age appropriate balls, racquets, and courts that maximizes learning for all ages and levels - Progressive Tennis is a systematic approach that scales the game down using colour-coded progressions to enhance learning.

At DTC, we are committed to providing teaching and learning activities so that all students can have fun and achieve success. Dundas has a program to suit your child's needs.

Hot Shots (ages 3 to 5):

- Teaching basic motor development skills in a fun and playful manner, ***Hot Shots*** is a great way to introduce tennis to children and that allows them to experiment and play while developing their co-ordination, spatial awareness, self-confidence, and co-operation skills.
- Cost for members $60, non-members $75
- Class Times: Tuesdays at 4:00 pm
  Thursdays at 4:00 pm

Little Shots (ages 6 to 8):

- With a better sense of balance and more mature motor development- throwing, body rotation, weight transfer, ***Little Shots*** is the right fit to introduce tennis to children with little to no experience and are interested in group play, being active, and learning new motor skills. Here we develop the 4 "I can …' skill sets in Progressive Tennis as well as " I am…' behaviours.
- Cost for Members $60; non-members $75
- Class times: Mondays 4:00 pm
  Wednesdays 4:00 pm

Big Shots (ages 9 to 11):

- Having more developed gross motor skills and a greater ability to change direction, balance, hit and catch moving balls from previous experience or training, ***Big Shots*** provides a more game based learning environments for children with previous experience in Tennis Training.
- Cost for Members $60; non-members $75
- Class times: Mondays 5:00 pm
  Tuesdays 5:00 pm
  Wednesdays 5:00 pm

Teen Shots (ages 12 to 18):

- Deigned for our older juniors with some prior tennis experience.
- Cost for Members $60; non-members $75
- Class Times: Mondays 6:00 pm
  Thursdays 5:00 pm

High Performance Academy

- Available upon request for group(s) or Team(s) of juniors performing in a Competitive Stream seeking to Consolidate and Learning to Perform.

Dundas Junior House League

- Time to play matches, matches, matches! Plus, get to know the other juniors at the club!
- Cost for Members $60; members only
- Class Times: Sunday 1:00pm under 12; U12
  Sunday 2:00pm under 18; U18