

2011 2012 racquets

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badminton drop-ins

Perfect time to practice techniques, play with friends & family, or take part in an exciting recreational game of badminton. Bring a racquet & bird.

All Ages

Delbrook, Gym B

Sa 1:30-2:45pm

Parkgate, Gym

Su 11:45-1:45pm

\$12.50 family (2 adults + children);

\$5.45 adult; \$4.10 student/senior; \$3.35 child

12yrs & up

F 8:00-10:00pm

\$5.45 adult; \$4.10 student/senior

Neighbourhood House, Gym

Beginner

M 5:00-6:30pm

Intermediate

Tu 5:00-6:30pm

\$2

Adult/Youth

Delbrook, Gym

Tu/Th 1:15-3:15pm

Th 7:40-9:40pm

\$5.45 adult; \$4.10 student/senior

JBCC, Gym

M 7-9pm

W 8:15-10:15pm

\$5.45 adult; \$4.10 student/senior

W 12:00-2:00pm

F 1:15-3:15pm

\$3

Parkgate, Gym

F 8:00-10:00pm

Adults 55+

JBCC, Gym

Tu 1:15-3:15pm

\$2

Parkgate, Gym

Tu 10:30-12:30pm

F 10:00-12:00pm

\$3

Public Squash & Racquetball Courts and Table Tennis

Meet with friends, challenge yourself, or try something new!

Book a court, take a lesson, or join the Phone List.

Equipment available for rent.

Two locations: Delbrook & Ron Andrews Community Recreation Centres.

Drop-in courts available for 45 minutes of playtime.

To book a court call:

Ron Andrews:

604-983-6501

Delbrook: 604-983-6301

Squash, Racquetball & and Table Tennis Phone List 16yrs&up

Register on our FREE phone/e-mail list! We have compiled a list that will be shared by, and distributed to, the other players.

Players are responsible for contacting other players, setting up their own game and booking their own courts. Please check with us to see if you are already on the phone list, or if you need to update your information.

We encourage the use of e-mail so we can keep you up to date.

racquetball, squash & badminton schoolage

Badminton Lessons

Junior 7-10yrs

Learn the basic skills (hold grip, serve and rally) of badminton in a fun and social environment. Build eye-hand coordination, make friends, and play on teams. Racquets are available to use during the class or you may bring your own.

Delbrook, Gym

265999 Tu Sep 20-Nov 22 3:30-4:30pm

268197 Tu Jan 10-Mar 13 3:30-4:30pm

\$78.50

JBCC, Gym

267321 Th Sep 22-Nov 24 3:30-4:30pm

\$78.50

268692 Th Jan 12-Mar 8 3:30-4:30pm

\$70.65

Parkgate, Gym

267725 M Sep 19-Nov 28 3:30-4:30pm

275032 M Jan 9-Mar 12 3:30-4:30pm

\$78.50

Sr. Boys & Girls 11-16yrs

Students will be taught the basic and advanced badminton skills. Course covers anticipation, body and foot movements, variety of strokes, game strategies, rules and skill development. Please bring your own racquet. Coach is NCCP certified.

Delbrook, Gym

266000 Tu Sep 20-Nov 22 4:30-5:30pm

268198 Tu Jan 10-Mar 13 4:30-5:30pm

Parkgate, Gym

267726 M Sep 19-Nov 28 4:30-5:30pm

275033 M Jan 9-Mar 12 4:30-5:30pm

\$78.50

racquets



Squash Lessons 11-16yrs

Beginner

Learn to play squash in this beginners program. Basic strokes, tactics and rules will be taught.

Andrews, Squash Crt

273138	M	Sep 12-Oct 3	5:45-6:30pm
273140	M	Oct 17-Nov 7	5:45-6:30pm
273145	M	Jan 9-Jan 30	5:45-6:30pm

Intermediate

Take your squash game to the next level.

Enhance your physical skills while developing strategies and tactics to improve your play.

Andrews, Squash Crt

273148	M	Nov 14-Dec 5	5:45-6:30pm
273151	M	Feb 6-Feb 27	5:45-6:30pm

Squash Beginner 12-16yrs

This is an incomparable fun sport that will motivate the young players to get into a healthy and great fitness life style. 45 min. session that will give the basics of squash skills. (Alicia H.)

Delbrook, Squash Crt

268942	M,Th	Sep 19-Oct 24	3:45-4:30pm
268946	M,Th	Jan 16-Feb 16	3:45-4:30pm

adult

Badminton Lessons

Students will be taught a variety of grips, strokes, movements, singles, doubles, and mix-doubles strategies in a step-by-step non-pressure learning environment. Please bring your own racquet and birdies. Coach is NCCP certified.

Parkgate, Gym

267727	Su	Sep 18-Nov 27	10:15-11:15am
275031	Su	Jan 15-Mar 18	10:15-11:15am

\$78.50

visit northvanrec.com for more details!



northvanrec

squash / tennis

Badminton

Come out for a pick-up game, beginners and advanced players welcome. Be prepared to play with players of all skill levels. Racquets are available or bring your own. (Ivan C.)

Delbrook, Gym

265993	Tu	Sep 6-Dec 13	1:15-3:15pm
265994	Th	Sep 8-Dec 15	1:15-3:15pm
265995	Th	Sep 8-Dec 15	7:40-9:00pm

\$77.86

268194	Tu,Th	Dec 20-Dec 29	1:15-3:15pm
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\$20.76

267108	Th	Dec 22-Dec 29	7:40-9:00pm
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\$10.38

266210	Tu	Jan 3-Mar 27	1:15-3:15pm
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266211	Th	Jan 5-Mar 29	1:15-3:15pm
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266212	Th	Jan 5-Mar 29	7:40-9:00pm
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\$67.47

JBCC, Gym

16yrs&up

267129	W	Sep 7-Dec 28	8:15-10:15pm
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\$68

268687	W	Jan 4-Mar 28	8:15-10:15pm
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\$52

18yrs&up

267128	M	Sep 5-Dec 19	7:00-9:00pm
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\$60

268689	M	Jan 2-Mar 26	7:00-9:00pm
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\$52

Squash Beginner

Learn basic strokes, techniques and rules of the game.

Andrews Squash Crt

273116	M	Sep 12-Sep 26	6:45-7:45pm
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273117	M	Oct 17-31	6:45-7:45pm
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273118	M	Jan 9-23	6:45-7:45pm
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273119	M	Jan 30-Feb 13	6:45-7:45pm
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\$55.50

Squash Women's Beginner

Squash is a sport that will keep you fit and agile for life. Come and enjoy a very good and fun workout without hours spending in the gym with better results! (Alicia H.)

Delbrook, Squash Crt

268948	M,Th	Sep 19-Oct 24	9:45-10:30am
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268949	M,Th	Jan 16-Feb 16	9:45-10:30am
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\$75

Squash Intermediate

Improve your technique and strategy to enhance your game.

Andrews, Squash Crt

273120	M	Nov 7-Nov 21	6:45-7:45pm
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273121	M	Nov 28-Dec 12	6:45-7:45pm
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273122	M	Feb 20-Mar 5	6:45-7:45pm
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\$55.50

tennis self-rating guidelines

1.0 This player is just starting to play tennis.

1.5 This player has been introduced to the game, however has difficulty playing due to lack of consistent rallying and serving.

2.0 Can get to the ball but lacks control, resulting in inconsistent rallies. Often chooses to hit forehands instead of backhands. Tends to position to protect weakness. Inconsistent returns. In singles, reluctant to come to net. In doubles, understands basic positioning; comfortable only with the forehand volley; avoids backhand volley & overhead. Incomplete service motion. Toss is inconsistent. Double faults are common.

2.5 Can rally consistently 10 balls in a row, over the net at moderate speed, with an arced trajectory, especially on the forehand. In singles, consistent when returning to the middle of the court. In doubles, difficulty starting the point with a crosscourt return. Becoming at ease at net in practice but uncomfortable in a game situation. Attempting a full service motion on 1st serve. Still inconsistent (less than 50%). Uses incomplete motion to ensure consistent 2nd serve.

3.0 Can rally 10 balls in a row consistently using forehands & backhands. Able to maintain a moderate paced rally when receiving high, short, or wide balls. Can control the direction of the ball when receiving moderate paced serves. Very consistent on moderate paced balls to forehand volley. Inconsistent on backhand. Overall difficulty with low and wide balls. Can smash easy lobs. Full motion on both serves. Able to achieve more than 50% success on 1st serve. 2nd serve much slower than 1st.

3.5 Able to move the opponent around the court or hit harder when receiving easier balls. Can perform approach shots with over 50% consistency. Can return fast or well placed serves defensively. Can return an easier serve with pace or placement. Can approach the net in doubles. Becoming consistent on volleys and overheads requiring moderate movement. Can direct forehand volley. General difficulty putting volleys away. Can vary speed or direction of 1st serve. Can direct 2nd serve to opponent's weakness without double-faulting regularly.

4.0 Able to develop points consistently by using a combination of shots. Erratic when attempting a quality shot from a fast or well placed ball or when attempting a passing shot. Has difficulty returning very fast or spin serves. Can hit a good shot or exploit an opponent's weakness on moderate paced serves. Can follow an approach shot to net. In doubles, can receive a variety of balls and volley offensively. Can poach on weak returns and put away easy overheads. Can vary the speed and direction of the 1st serve. Can use spin.

Tennis Equipment:

All participants provide their own racquet (with the exception of FAST Clinic). Wait before you buy; try to borrow a racquet for the first lesson then ask the coach about the most suitable equipment for you.



schoolage

Red Ball "Fundamentals"

5-6yrs

Red Tennis uses a scaled down court and modified balls to make learning faster and play more successful. Sessions cover fundamentals and the 'ABCs' of movement (agility, balance, & coordination).

Grant Connell Tennis Centre

274672	Tu,Th	Sep 20-Dec 15	4:30-5:25pm
\$338			
275396	Tu,Th	Jan 3-Mar 15	4:30-5:25pm
\$291.50			

Orange Ball "Fundamentals"

7-9yrs

Orange Tennis uses a ¾ Court and low-compression balls to speed learning of groundstrokes, volleys, and serves.

Grant Connell Tennis Centre

274673	Tu,Th	Sep 20-Dec 15	3:30-4:25pm
\$338			
275397	Tu,Th	Jan 3-Mar 15	3:30-4:25pm
\$291.50			

Green Ball "Fundamentals"

10-11yrs

Green Tennis uses a full court and low-compression balls to speed learning of groundstrokes, volleys, and serves.

Grant Connell Tennis Centre

274674	Tu,Th	Sep 20-Dec 15	3:30-4:25pm
\$338			
275398	Tu,Th	Jan 3-Mar 15	3:30-4:25pm
\$291.50			

Youth "Fundamentals"

12-14yrs

This level starts players with basic skills at a short distance and progresses players to consistent full court play with regular balls using groundstrokes, volleys, and serves.

Grant Connell Tennis Centre

274663	Sa	Sep 24-Dec 17	11:00-11:55pm
274661	Sa	Sep 24-Dec 17	12:00-12:55pm
\$174			
275378	Sa	Jan 7-Mar 17	11:00-11:55pm
275379	Sa	Jan 7-Mar 17	12:00-12:55pm
\$162			

In addition to the programs listed here, Grant Connell Tennis Centre has a full range of higher level junior programs. Please contact the centre directly for details 604-983-6483.

adult

Tennis BC F.A.S.T Clinic

Developed by Tennis BC for adult beginners, the Fun Adult Starter Tennis clinic focuses on the idea that tennis is not a difficult game to learn! Participants receive a FREE Wilson racquet.

Grant Connell Tennis Centre

274689	M	Sep 19-Oct 17	9:30-11:25am
274692	Sa	Sep 24-Oct 22	1:00-2:55pm
274690	M	Oct 24-Nov 14	9:30-11:25am
274693	Sa	Oct 29- Nov 19	1:00-2:55pm
274691	M	Nov 21-Dec 12	9:30-11:25am
274694	Sa	Nov 26-Dec 17	1:00-2:55pm
275265	M	Jan 2-23	9:30-11:25am
275268	Sa	Jan 7-28	1:00-2:55pm
275266	M	Jan 30-Feb 20	9:30-11:25am
275269	Sa	Feb 4-25	1:00-2:55pm
275267	M	Feb 27-Mar 19	9:30-11:25am
275270	Sa	Mar 3-24	1:00-2:55pm
\$98.20			

F.A.S.T. League

The Fun Adult Starter Tennis league is a great follow-up to the F.A.S.T clinic for players at the 1.0-1.5 levels. Players rotate for 90 minutes of low-key doubles. Balls supplied, run by coaches.

Grant Connell Tennis Centre

274748	Su	Sep 25-Oct 23	11:00-12:25pm
274749	Su	Oct 30-Nov 20	11:00-12:25pm
274750	Su	Nov 27-Dec 18	11:00-12:25pm
\$58.93			
275285	Su	Jan 8-29	11:00-12:25pm
275286	Su	Feb 5-26	11:00-12:25pm
275287	Su	Mar 4-25	11:00-12:25pm
\$60.27			

Tennis - 2.0 Clinic

For the player with some experience. Covers the skills required to successfully handle common situations encountered while serving and returning as well as at baseline and net.

Grant Connell Tennis Centre

275239	M	Sep 19-Oct 17	6:30- 7:55pm
275242	W	Sep 21-Oct 12	9:00-10:25am
275245	Su	Sep 25-Oct 23	2:30-3:55pm
275240	M	Oct 24-Nov 14	6:30-7:55pm
275243	W	Oct 19-Nov 9	9:00-10:25am
275246	Su	Oct 30-Nov 20	2:30-3:55pm
275241	M	Nov 21-Dec 12	6:30-7:55pm
275244	W	Nov 16-Dec 7	9:00-10:25am
275247	Su	Nov 27-Dec 18	2:30-3:55pm
\$80.36			
275357	M	Jan 2-23	6:30-7:55pm
275360	W	Jan 4-25	9:00-10:25am
275355	Su	Jan 8-29	2:30-3:55pm
275358	M	Jan 30-Feb 20	6:30-7:55pm
275361	W	Feb 1-22	9:00-10:25am
275363	Su	Feb 5-26	2:30-3:55pm
275359	M	Feb 27-Mar 19	6:30-7:55pm
275362	W	Feb 29-Mar 21	9:00-10:25am
275356	Su	Mar 4-25	2:30-3:55pm
\$81.70			

**Tennis 2.0/
2.5 League**

Includes 90 minutes of low-key doubles competition. Balls supplied, run by coaching staff.

Grant Connell Tennis Centre

274783	Su	Sep 25-Oct 23	12:30-1:55pm
274784	Su	Oct 30-Nov 20	12:30-1:55pm
274785	Su	Nov 27-Dec 18	12:30-1:55pm
\$58.93			
275350	Su	Jan 8-9	12:30-1:55pm
275351	Su	Feb 5-26	12:30-1:55pm
275352	Su	Mar 4-25	12:30-1:55pm
\$60.27			

Senior Mixed Social Doubles ("Silver Sneakers")

90 minutes of organized doubles play with rotating partners. For players 55 yrs & older. Balls supplied. Run by coaching staff.

Grant Connell Tennis Centre

276072	F	Sept 23-Oct 14	2:00-3:25pm
276073	F	Oct 21-Nov 18	2:00-3:25pm
276074	F	Nov 25-Dec 16	2:00-3:25pm
\$50.90			
276076	F	Jan 6-27	2:00-3:25pm
276078	F	Feb 3-24	2:00-3:25pm
276077	F	Mar 2-23	2:00-3:25pm
276075	F	Mar 30-Apr 20	2:00-3:25pm
\$54.00			

2.5 and above

Grant Connell Tennis Centre has a variety of clinics, drill sessions, and leagues at the 2.5-4.0 level. Please contact the centre directly for information (604-983-6483).

