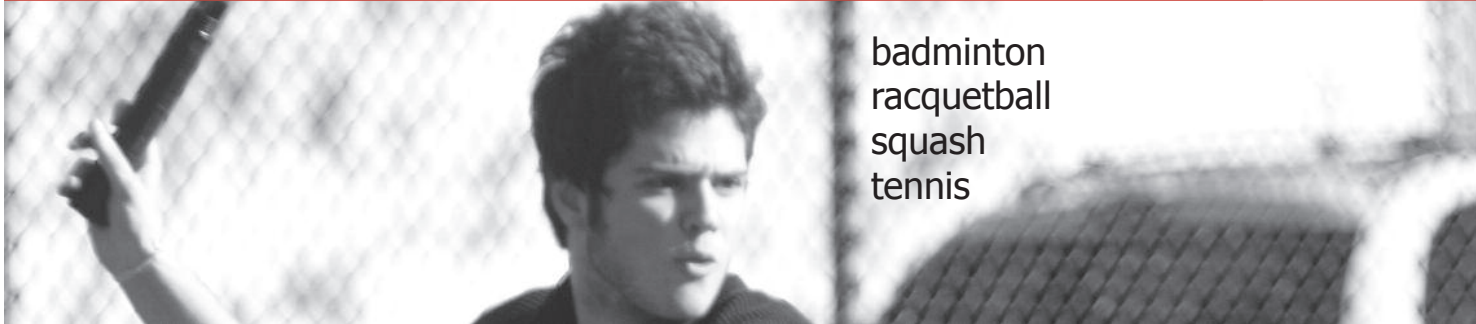


# racquets



badminton  
racquetball  
squash  
tennis

## 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

**JBCC, Gym**

Sa 4:00-5:30pm

**Parkgate, Gym**

Su 11:45-1:45pm

\$12.50 family (2 adults + children);

\$5.45 adult;

\$4.10 student/senior; \$3.35 child

### 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 (Social)

W 8:15-10:15pm (Competitive)

\$5.45 adult; \$4.10 student/senior

F 1:15-3:15pm

\$3

**Parkgate, Gym**

### 12yrs & up

F 8:00-10:00pm

\$5.45 adult; \$4.10 student/senior

**Neighbourhood House, Gym**

Tu 5:00-6:30pm

\$2

### Noon Hour Drop-in

**JBCC, Gym**

W 12:00-2:00pm

\$3

### 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:

**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.

## schoolage

### Badminton Beginner 7-10yrs

Learn the basic skills of badminton in a fun and social environment. Build eye-hand coordination, make friends, and play on teams. (Ivan C.)

**Delbrook, Gym B**

244575 Tu Sep 21-Nov 23 3:30-4:30pm  
\$77

244578 Tu Jan 11-Mar 8 3:30-4:30pm  
\$69.30

**JBCC, Gym**

245213 Sa Sep 18 2:30-4:00pm  
\$2

253399 Sa Sep 25-Oct 30 2:30-4:00pm

253415 Sa Nov 6-Dec 11 2:30-4:00pm

\$69.30

253421 Sa Jan 15-Mar 5 2:30-4:00pm

\$80.85

**Parkgate, Gym**

244805 M Sep 27-Dec 6 3:30-4:30pm

245712 M Jan 10-Mar 14 3:30-4:30pm

\$77

### Badminton 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 B**

244576 Tu Sep 21-Nov 23 4:30-5:30pm

244577 Tu Sep 21-Nov 23 5:30-6:30pm

\$77

244579 Tu Jan 11-Mar 8 4:30-5:30pm

244580 Tu Jan 11-Mar 8 5:30-6:30pm

\$69.30

**Parkgate, Gym**

244806 M Sep 27-Dec 6 4:30-5:30pm

245713 M Jan 10-Mar 14 4:30-5:30pm

\$77

## Squash Lessons Beginner 11-16yrs

Learn to play squash in this beginners program. Basic strokes, tactics and rules will be taught. Each lesson will end in Round Robin play.

### Andrews, Squash Court

245003 M	Sep 13-Oct 4	5:30-6:15pm
245004 M	Oct 18-Nov 8	5:30-6:15pm
245011 M	Nov 15-Dec 6	5:30-6:15pm
247615 M	Jan 17-Feb 7	5:30-6:15pm
247616 M	Feb 14-Mar 7	5:30-6:15pm

\$35

## Squash Lessons Intermediate 11-16yrs

Improve your level of skill and learn new tactics in this intermediate level course.

### Andrews, Squash Court

245005 M	Sep 13-Oct 4	6:15-7:00pm
245006 M	Oct 18-Nov 8	6:15-7:00pm
245012 M	Nov 15-Dec 6	6:15-7:00pm
247618 M	Jan 17-Feb 7	6:15-7:00pm
247619 M	Feb 14-Mar 7	6:15-7:00pm

\$35

## Squash Lessons Beginner 12-16yrs

This is an incomparable fun sport that will motivate the young players to get into a healthy & great fitness lifestyle. A 45 min. session that will give the basics of squash skills: eye-hand coordination, strategic thinking, speed, agility & balance. (Alicia H.)

### Delbrook, Squash Court

252979 M,Th	Sep 27-Nov 1	3:45-4:30pm
252985 Th,M	Feb 3-Mar 7	3:45-4:30pm

\$87.50

## adult

## Badminton Lessons 17yrs&up

This course is designed for students at all levels. Students will be taught on all 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

244794 Su	Sep 26-Dec 12	10:15-11:15am
245704 Su	Jan 9-Mar 13	10:15-11:15am

\$61.60  
\$63.45

## Badminton Intermediate Competitive 16yrs&up

Must be comfortable with team play & strategy, serve, drop shots, clears & smashes. Please bring own racquet and feather birdies. Instructor approval required.

### JBCC, Gym

244795 W	Sep 1-Dec 29	8:15-10:15pm
\$72.58; \$5.45 adult drop-in; \$4.10 student/senior drop-in		
245444 W	Jan 5-Mar 30	8:15-10:15pm
\$52.42; \$5.45 adult drop-in; \$4.10 student/senior drop-in		

## Badminton Social Mixer 18yrs&up

Come out for a pick-up game, beginners and advanced players welcome.

### JBCC, Gym

244796 M	Sep 13-Dec 27	7:00-9:00pm
\$60.48; \$5.45 adult drop-in; \$4.10 student/senior drop-in		
245443 M	Jan 10-Mar 28	7:00-9:00pm
\$48.38; \$5.45 adult drop-in; \$4.10 student/senior drop-in		

## Badminton Drop-In 16yrs&up

### Delbrook, Gym

243160 Tu	Sep 7-Dec 14	1:15-3:15pm
243162 Th	Sep 9-Dec 16	1:15-3:15pm
\$87.20		
243300 Tu	Jan 4-Mar 29	1:15-3:15pm
243302 Th	Jan 6-Mar 31	1:15-3:15pm

\$75.58

## Badminton Adult Evening

### Delbrook, Gym

244587 Th	Sep 9-Dec 16	7:40-9:40pm
243301 Th	Jan 6-Mar 24	7:40-9:40pm

\$63.95 adult/\$48.12 senior

## Badminton Drop-In 14yrs&up

### Neighbourhood House, Gym

248527 Tu	Sep 7-Nov 30	5:00-6:30pm
248532 Tu	Jan 4-Mar 29	5:00-6:30pm

\$2.80 drop-in

## Squash Workshops 15yrs&up

Learn or improve your squash skills in this 2-day workshop.

### Andrews, Squash Court

245007 M	Sep 13-20	7:00-8:15pm
245009 M	Sep 27-Oct 4	7:00-8:15pm
245008 M	Oct 18-25	7:00-8:15pm
245010 M	Nov 1-8	7:00-8:15pm
247621 M	Jan 17-24	7:00-8:15pm
247622 M	Feb 7-14	7:00-8:15pm
247623 M	Feb 28-Mar 7	7:00-8:15pm

\$30.24

## family

## Badminton Drop-In All Ages

### Parkgate, Gym

244801 Su	Sep 12-Dec 19	11:45-1:45pm
244802 F	Sep 10-Dec 17	8:00-10:00pm
245709 F	Jan 7-Mar 25	8:00-10:00pm
245707 Su	Jan 9-Mar 27	11:45-1:45pm

\$12.50 family (2 adults + children); \$5.45 adult; \$4.10 student/senior; \$3.35 child

## Family Badminton Drop-In 5yrs&up

### Delbrook, Gym B

243993 Sa	Sep 11-Nov 27	1:30-2:40pm
244585 Sa	Jan 8-Mar 26	1:30-2:40pm

\$12.50

## adult 55+

## Badminton Drop-in

Join others for a non-competitive fun drop-in, beginners welcome.

### JBCC, Gym

250249 Tu	Sep 14-Nov 30	1:15-3:15pm
252739 Tu	Jan 4-Mar 22	1:15-3:15pm

\$2

### Parkgate, Gym

244803 Tu	Sep 7-Dec 21	10:30-12:30pm
244804 F	Sep 10-Dec 17	10:00-12:00pm
245706 Tu	Jan 4-Mar 29	10:30-12:30pm
245708 F	Jan 7-Mar 25	10:00-12:00pm

\$3

## Pickleball Seniors

This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood paddle racquets and a wiffle ball.

### JBCC, Gym

253149 Tu	Jan 4-Mar 22	3:45-5:45pm
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### Parkgate, Gym

246184 W	Sep 8-Dec 15	1:00-3:00pm
246185 W	Jan 5-Mar 30	1:00-3:00pm

\$3 drop-in

fall program registration	starts wednesday <b>aug. 18</b>
winter program registration	starts wednesday <b>oct. 20</b>



## tennis self-rating guidelines

All North Vancouver Recreation Commission adult programs are based on the Tennis Canada "Play Tennis" rating system which is used all across North America.

This is a tool to identify and describe different levels of tennis ability. It will allow you to see your progress and fit into the appropriate instructional or competitive programs. The ratings parallel the U.S. NTRP System.

**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.

### Equipment:

All participants provide their own racquet (with the exception of Tennis BC 1-2-3). Wait before you buy; try to borrow a racquet for the first lesson then ask the coach about the most suitable equipment for you.

**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.

## schoolage

### Red Ball Fundamentals 5-6yrs

Players are developed using scaled down courts and modified balls to make learning faster and play more successful. Sessions cover fundamentals and the 'ABC's' of movement (agility, balance, & coordination).

**Grant Connell Tennis Centre**

253528 Tu,Th Sep 21-Dec 16 4:30-5:25pm  
\$325

254397 Tu,Th Jan 4-Mar 24 4:30-5:25pm  
\$300

### Orange Ball Fundamentals 7-9yrs

Players are developed on a ? court using low-compression balls to speed learning of groundstrokes, volleys, and serves.

**Grant Connell Tennis Centre**

253529 Tu,Th Sep 21-Dec 16 3:30-4:25pm  
\$325

254398 Tu,Th Jan 4-Mar 24 3:30-4:25pm  
\$300



[info@evergreensquash.com](mailto:info@evergreensquash.com)

## Evergreen Squash Club

[www.evergreensquash.com](http://www.evergreensquash.com)

- #1 Calorie Burning Sport
- Fun & Social
- Lessons and clinics available
- Active junior program
- Trial Memberships available for a low price, and include an introductory lesson
- Beginners Welcome!



## tennis registration lottery

for Adult Indoor Tennis Programs at Grant Connell Tennis Centre

**\*\*\* Important - please note there have been changes to the lottery process\*\*\***

Our indoor tennis programs are very popular. To ensure fair and equal access to the limited number of spots available at Grant Connell Tennis Centre, we have introduced a registration lottery system for all adult indoor tennis programs.

You must now apply for any Adult Tennis Lottery Course by registering through our computer system. This may be done through our ereg system online at [www.northvanrec.com](http://www.northvanrec.com), in person or via phone to Grant Connell Tennis Centre 604-983-6483. The system will place you on a list of all interested participants and a lottery draw will be conducted to determine who receives the open spots in the program.

### Important Dates:

Wednesday, July 28th – Lottery opens

Wednesday, August 18th 9:00pm – Deadline to enter name in Lottery draw

Monday, August 23rd 9:00am – Lottery results posted online at [www.northvanrec.com](http://www.northvanrec.com) and at Grant Connell Tennis Centre

Tuesday, September 7th – Deadline to pay and register for courses

Wednesday, September 8th – Lottery over, waitlists and general registration start

### Green Ball

#### Fundamentals 10-11yrs

Players are developed on a full court using a transition ball to speed learning of ground-strokes, volleys, and serves.

#### Grant Connell Tennis Centre

253527 Tu,Th Sep 21-Dec 16 3:30-4:25pm  
\$325

254399 Tu,Th Jan 4-Mar 24 3:30-4:25pm  
\$300

#### Youth Fundamentals 12-14yrs

This level starts players with basic skills at the Mini-Tennis distance and progresses players to consistent full court play using ground-strokes, volleys, and serves. Modified balls are used to speed learning.

#### Grant Connell Tennis Centre

253524 Sa Sep 25-Dec 18 11:00-11:55pm

253525 Sa Sep 25-Dec 18 12:00-12:55pm

254415 Sa Jan 8-Mar 26 11:00-11:55pm

254416 Sa Jan 8-Mar 26 12:00-12:55pm  
\$168

## 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

253352 M Sep 20-Oct 18 9:30-11:25am

253354 Sa Sep 25-Oct 23 1:00-2:55pm

253353 M Oct 25-Nov 15 9:30-11:25am

253355 Sa Oct 30-Nov 20 1:00-2:55pm

253384 M Nov 22-Dec 13 9:30-11:30am

253356 Sa Nov 27-Dec 18 1:00-2:55pm

254485 M Jan 3-24 9:30-11:30am

254488 Sa Jan 8-29 1:00-2:55pm

254486 M Jan 31-Feb 21 9:30-11:30am

254489 Sa Feb 5-26 1:00-2:55pm

254487 M Feb 28-Mar 21 9:30-11:30am

254490 Sa Mar 5-26 1:00-2:55pm  
\$104.53

### 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

253391 Su Sep 26-Oct 24 11:00-12:25pm

253392 Su Oct 31-Nov 21 11:00-12:25pm

253393 Su Nov 28-Dec 19 11:00-12:25pm

254482 Su Jan 9-30 11:00-12:25pm

254483 Su Feb 6-27 11:00-12:25pm

254484 Su Mar 6-27 11:00-12:25pm  
\$64.20

### 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

253402 M Sep 20-Oct 18 6:30- 7:55pm

253403 W Sep 22-Oct 13 9:00-10:25am

253406 Su Sep 26-Oct 24 2:30-3:55pm

253409 M Oct 25-Nov 15 6:30-7:55pm

253405 W Oct 20-Nov 10 9:00-10:25am

253407 Su Oct 31-Nov 21 2:30-3:55pm

253401 M Nov 22-Dec 13 6:30-7:55pm

253404 W Nov 17-Dec 8 9:00-10:25am

253408 Su Nov 28-Dec 19 2:30-3:55pm

254473 M Jan 3-24 6:30-7:55pm

254476 W Jan 5-26 9:00-10:25am

254479 Su Jan 9-30 2:30-3:55pm

254474 M Jan 31-Feb 21 6:30-7:55pm

254477 W Feb 2-23 9:00-10:25am

254480 Su Feb 6-27 2:30-3:55pm

254475 M Feb 28-Mar 21 6:30-7:55pm

254478 W Mar 2-23 9:00-10:25am

254481 Su Mar 6-27 2:30-3:55pm  
\$88.20

### Tennis 2.0/2.5 League

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

#### Grant Connell Tennis Centre

253428 Su Sep 26-Oct 24 12:30-1:55pm

253429 Su Oct 31-Nov 21 12:30-1:55pm

253430 Su Nov 28-Dec 19 12:30-1:55pm

254470 Su Jan 9-30 12:30-1:55pm

254471 Su Feb 6-27 12:30-1:55pm

254472 Su Mar 6-27 12:30-1:55pm  
\$64.20

### Senior Mixed Social

#### Doubles

#### (Silver Sneakers)

90 minutes of organized doubles play with rotating partners. For players 55 yrs & older at the 2.5-3.0 level. Balls supplied. Run by coaching staff.

#### Grant Connell Tennis Centre

253491 F Sept 24-Oct 22 2:00-3:30pm

253492 F Oct 29-Nov 19 2:00-3:30pm

253493 F Nov 26-Dec 17 2:00-3:30pm

254401 F Jan 7-28 2:00-3:30pm

254402 F Feb 4-25 2:00-3:30pm

254403 F Mar 4-25 2:00-3:30pm

254400 F Apr 1-29 2:00-3:30pm  
\$54.39

### 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).

