

# 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](http://northvanrec.com) for more details!



# 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
\$20.76			
267108	Th	Dec 22-Dec 29	7:40-9:00pm
\$10.38			
266210	Tu	Jan 3-Mar 27	1:15-3:15pm
266211	Th	Jan 5-Mar 29	1:15-3:15pm
266212	Th	Jan 5-Mar 29	7:40-9:00pm
\$67.47			

JBCC, Gym

### 16yrs&up

267129	W	Sep 7-Dec 28	8:15-10:15pm
\$68			
268687	W	Jan 4-Mar 28	8:15-10:15pm
\$52			

### 18yrs&up

267128	M	Sep 5-Dec 19	7:00-9:00pm
\$60			
268689	M	Jan 2-Mar 26	7:00-9:00pm
\$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
273117	M	Oct 17-31	6:45-7:45pm
273118	M	Jan 9-23	6:45-7:45pm
273119	M	Jan 30-Feb 13	6:45-7:45pm

\$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
268949	M,Th	Jan 16-Feb 16	9:45-10:30am

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

\$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 'ABC's' 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).

