

TENNIS

PROGRAMS, CLASSES AND PRIVATE LESSONS

The Town of Mount-Royal in association with the Académie de Tennis Ménard & Assoc. wishes to present to tennis members of the Town the team in charge of all tennis activities. You will find information regarding the team of coaches available, classes, lessons, training programs and special events offered to the members. For more information, please contact the Académie de Tennis Ménard & Assoc.

For more information, please contact :
ama@amgtennis.ca

Registrations at :
www.ama-tennis.com/tmr



May 1 to October 11, 2021
Everyday from 7:00 - 22:00 (weather permitting)



COACHES TEAM



Robby Ménard
(514) 967-9153
robby@amgtennis.ca
Level 4 Coach



Roger Hernandez Pena
(514) 812-3679
roger@amgtennis.ca
Level 2 Coach



Merhay Tesfa Endrias
(514) 884-9653
merhay@amgtennis.ca
Level 1 Coach



Clément Croteau
(514) 277-0192
clement@amgtennis.ca
Level 2 Coach



Simona Agapi
(514) 831-9812
simona@amgtennis.ca
Nitro Tennis



Andrei Rachieru
(514) 699-0850
andrei@amgtennis.ca
Tennis for life

JUNIOR PROGRAMS

TENNIS FOR LIFE : 3 SESSIONS

1st session : May 3 to June 11
2nd session : June 14 to July 16
3rd session : July 19 to August 20

| Program | Coach | Schedule |
|-----------------------|--------|--|
| Bronze A (5-7 yr/o) | Andrei | Mon. and Wed. or Tue. and Thu. from 16h-17h or 17h-18h |
| Bronze B (5-7 yr/o) | Andrei | Mon. and Wed. or Tue. and Thu. from 16h-17h or 17h-18h |
| Silver A (11-14 yr/o) | Andrei | Mon. and Wed. or Tue. and Thu. from 14h30-16h or 16h-17h30 |
| Silver B (8-12 yr/o) | Andrei | Mon. and Wed. or Tue. and Thu. from 14h30-16h or 16h-17h30 |
| Gold (12 yr/o +) | Andrei | Mon. and Wed. or Tue. and Thu. from 14h-16h or 16h-18h |

- For the costs of these programs, please visit the Academy's website.
- Fridays are make up days in case of rain

TENNIS FOR LIFE : SATURDAY

| Program | Coach | Schedule | Cost |
|----------------|--------|----------------------------------|---------------|
| Bronze A and B | Andrei | Sat. from 10h-11h and 11h-12h | 30 \$ / Sess. |
| Silver A and B | Andrei | Sat. from 8h30-10h and 10h-11h30 | 40 \$ / Sess. |
| Gold | Andrei | Sat. from 8h-10h | 55 \$ / Sess. |

- Weekend program : Every Saturday as of May 8

NITRO TENNIS (MINI-TENNIS)

| Program | Coach | Schedule | Cost |
|--------------|--------|------------------|-------------|
| NITRO Tennis | Simona | Saturday 15h-16h | 10 \$ / Duo |
| NITRO Tennis | Simona | Saturday 16h-17h | 10 \$ / Duo |

- From May 8 to September 4
- Workouts are based on playing on a smaller court
- Open to beginner families and / or intermediate beginners

HALF-DAY INTENSIVE PROGRAM

| Program | Coach | Schedule | Cost |
|---------------------------------|--------|--------------------------|--------------|
| Half-Day Intensive (7-11 yr/o) | Merhay | Monday to Friday 8h-12h | 330 \$ / Wk. |
| Half-Day Intensive (11-15 yr/o) | Merhay | Monday to Friday 13h-17h | 330 \$ / Wk. |

- Minimum of 1 year of tennis experience
- 7 weeks offered in this program :
- July 5 to 9, 2021
- July 12 to 16, 2021
- July 19 to 23, 2021
- July 26 to 30, 2021
- August 2 to 6, 2021
- August 9 to 13, 2021

JUNIOR INTERCLUB

- If your 8-14 year old is interested in joining the club, please notify ama@amgtennis.ca of your interest. (Level Silver A and +)

ADULT PROGRAMS

CARDIO-FRENZY

| Program | Coach | Schedule | Cost |
|---------------|-------|--------------------------|---------------|
| Cardio Frenzy | Roger | Monday 17h30-18h30 | 20 \$ / Sess. |
| Cardio Frenzy | Roger | Tuesday 17h30-18h30 | 20 \$ / Sess. |
| Cardio Frenzy | Roger | Wednesday 17h30-18h30 | 20 \$ / Sess. |
| Cardio Frenzy | Roger | Thursday 17h30-18h30 | 20 \$ / Sess. |
| Cardio Frenzy | Roger | Friday 17h30-18h30 | 20 \$ / Sess. |
| Cardio Frenzy | Roger | Saturday 9h30-10h30 | 20 \$ / Sess. |

- From May 24 to September 4
- Consist of fast paced drills where the instructor throws balls at players based on their ability and fitness level.

INTRO TENNIS

| Program | Coach | Schedule | Cost |
|--------------|-------|------------------------|---------------|
| Intro Tennis | Roger | Monday 18h30-20h | 25 \$ / Sess. |
| Intro Tennis | Roger | Wednesday 18h30-20h | 25 \$ / Sess. |

- From May 24 to September 1
- Development of basic tennis skills.

TACTICAL ESSENTIALS FOR SINGLES

| Program | Coach | Schedule | Cost |
|-----------------------------|-------|----------------------|---------------|
| Tactical essentials singles | Roger | Tuesday 18h30-20h | 25 \$ / Sess. |

- From May 25 to August 31
- This workshop is aimed at intermediate tennis players who have an adequate tennis technique but want to play the game smarter.

ADVANCED TECHNICAL FUNDAMENTALS

| Program | Coach | Schedule | Cost |
|---------------------------------|-------|------------------------|---------------|
| Advanced technical fundamentals | Roger | Monday 18h30-20h | 25 \$ / Sess. |
| Advanced technical fundamentals | Roger | Wednesday 18h30-20h | 25 \$ / Sess. |

- From May 24 to September 1
- For all intermediate tennis players who would like to perfect their technical skills.

SHOT AND SKILL OF THE WEEK

| Program | Coach | Schedule | Cost |
|----------------|-------|------------------------|---------------|
| Shot and skill | Roger | Wednesday 18h30-20h | 25 \$ / Sess. |

- From May 26 to September 1
- You will be learning and perfecting one shot and skill every session : forehand, backhand, slice, volleys and always including the serve.

SERVE FUNDAMENTALS

| Program | Coach | Schedule | Cost |
|--------------------|-------|------------------------|---------------|
| Serve fundamentals | Roger | Monday 20h-21h30 | 25 \$ / Sess. |
| Serve fundamentals | Roger | Tuesday 20h-21h30 | 25 \$ / Sess. |
| Serve fundamentals | Roger | Wednesday 20h-21h30 | 25 \$ / Sess. |

- From May 24 to September 1
- Come and improve your service using a systemic approach, whatever your level.
- Free video analysis is included if you book a lesson with one of our coaches!

TOP GUN CHALLENGE

| Program | Coach | Schedule | Cost |
|-------------------|-------|---------------------|---------------|
| Top Gun Challenge | Roger | Saturday 13h-15h | 15 \$ / Sess. |

- From May 29 to September 4
- For intermediate-advanced players and above, we encourage you to challenge our top coaches for a two-hour session, every week. Everyone will have the chance to play! So if you are a competitor at heart and want to prove yourself against our qualified coaches, this program is for you!

ADULT ACADEMY

| Program | Coach | Schedule | Cost |
|---------------|-------|---------------------|---------------|
| Adult academy | Roger | Thursday 20h-22h | 30 \$ / Sess. |

- From May 27 to September 2
- For our advanced tennis players (3.0 and above), the Adult Academy is a program that can help you sharpen your tennis skills and considerably improve your tennis game. Our best tennis coaches have developed intensive training sessions in order to strengthen your technique, increase your performance on the court and keep you fit.

PRIVATE LESSONS

- Private lessons for all levels
- Full-time, experienced coaches
- Hitting partners available
- Option of semi private or group lessons
- For more information and to book a private lesson, please contact the Academy at ama@amgtennis.ca

