

TENNIS

CAMPS AND LESSONS

The Town of Mount-Royal presents to tennis members of the Town our offer of tennis camps and lessons, offered in collaboration with the Academie de tennis Menard & associes. You will find information regarding the team of coaches, lessons and training programs offered to the members.

For general information, you can contact the Town at (514) 734-2942 or at mihai.iurascu@ville.mont-royal.qc.ca

For information on camps and lessons, you can contact the Academy at : ama@amgtennis.ca

Registrations at :
www.clubspark.ca/AcademieMenard
Starting Monday, February 24.



HEAD COACHES



Roger Hernandez Pena
roger@amgtennis.ca
General Manager
Level 3 Coach



Alex Varela
ama@amgtennis.ca
Director - Junior and adult lessons

- Sign up for any junior or adult lesson before April 1, 2025, and enjoy a \$100 discount on all sessions running from May to September!

JUNIOR LESSONS

TENNIS FOR LIFE : 4 SESSIONS

May 5 to June 20 - July 7 to August 1
August 4 to 25 - September 9 to October 11

Activity	Schedule
Bronze A (7-9 yrs)	Monday and Wednesday OR Tuesday and Thursday from 16h-17h or 17h-18h Possibility to take 1 class per week on Thursdays 16h-17h or 17h-18h
Bronze B (5-7 yrs)	Monday and Wednesday OR Tuesday and Thursday from 16h-17h or 17h-18h
Silver A (10 yrs +)	Monday and Wednesday OR Tuesday and Thursday from 16h-17h, 17h-18h or 18h-19h Possibility to take 1 class per week on Thursdays 16h-17h or 17h-18h
Silver B (10 yrs +)	Monday and Wednesday OR Tuesday and Thursday from 16h-17h, 17h-18h or 18h-19h Possibility to take 1 class per week on Thursdays 16h-17h or 17h-18h
Prospect Team (12 yrs +)	Monday to Wednesday 16h-18h

- The Academy reserves the right to modify the criteria of admission to a group for a player according to age and level of experience.
- Fridays are make up days in case of rain.

TENNIS FOR LIFE : WEEKENDS

May 24 to June 14 / July 5 to 27 / August 2 to 24

Activity	Schedule
Bronze A and B	Saturdays and Sundays from 9h-10h, 10h-11h
Silver A and B	Saturdays and Sundays from 9h-10h, 10h-11h

SUMMER TENNIS CAMP FULL DAY AND HALF DAY

Activity	Schedule	Fee
Mohawk Full day camp (10 yrs +) Level A (advanced)	Monday to Friday from 8h-15h (5 days)	550 \$ / Week
Mohawk Full day camp (6 yrs +) Level B (intermediate)	Monday to Friday from 8h-15h (5 days)	550 \$ / Week
Connaught Half day camp (8 yrs +) Level A (advanced)	Monday to Friday from 12h-15h (5 days)	300 \$ / Week
Connaught Half day camp (6 yrs +) Level B (intermediate)	Monday to Friday from 12h-15h (5 days)	300 \$ / Week

- 9 weeks of tennis camp offered
- June 30 to July 4
- July 7 to 11
- July 14 to 18
- July 21 to 25
- July 28 to August 1
- August 4 to 8
- August 18 to 22
- August 25 to 29
- Schedule : 8-10 a.m. Tennis / 10-11 a.m. Multi-sports (Pickleball, soccer, basket) / 12-1 p.m. Lunch / 1-3 p.m. Tennis and other activities
- To request a Relevé 24 statement, you may contact : ama@amgtennis.ca

LESSONS FOR ADULTS

All of the lessons for adults are offered by sessions, according to the dates below :

1st session : May 12 to June 20

2nd session : July 7 to August 1

3rd session : August 4 to August 25

4th session : September 8 to October 3

Each class will have achievement goals in order to move on to the next level!

INTRO TENNIS

Activity / Level	Schedule	Fee
Intro Tennis (no experience)	Tuesdays and Thursdays 19h00-20h30	\$ 400 / Session

- Recommended level: Beginner
- If you are a beginner tennis player who wants to learn the basics of tennis, this program is for you!
- Each session of 8 classes will last 4 weeks, except the first session.

RED LEVEL 1

Activity / Level	Schedule	Fee
Red (Beginner with some experience)	Tuesday and Thursday from 19h00-20h30 1 day option offered	\$ 400 / Session except 1st session

- Recommended level : Beginner with some experience. This is for adults who have the following abilities during a rally: Able to rally at ½ court but their consistency is limited by a lack of control in their shots. Less than 6 consecutive shots during the rallies.

ORANGE LEVEL 2

Activity / Level	Schedule	Fee
Orange (intermediate)	Tuesday and Thursday from 19h00-20h30	\$ 400 / Session except 1st session

- Recommended level : Intermediate. This is for adults who have the following skills during a rally: Able to rally at 3/4 court 6-8 shots on easy balls.

GREEN LEVEL 3

Activity / Level	Schedule	Fee
Green (intermediate -advanced)	Monday and Wednesday from 19h00-20h30	\$ 400 / Session except 1st session

- Recommended level : Intermediate-advanced. This is for adults who have the following abilities during a rally: Full-court able to hit 6-8 shots in a row when receiving easy balls.

TECHNICAL FUNDAMENTALS

Activity / Level	Schedule	Fee
Technical fundamentals (advanced)	Tuesday and Thursday from 19h00-20h30 1 day option offered	\$ 400 / Session

- For all advanced tennis players looking to hone their technical skills, this is the perfect opportunity for you.

LADIES INTERCLUB

Activity / Level	Schedule	Fee
Level 4 training	Monday from 9h-11h	\$ 35-40 / training
Level 2 training	Monday from 10h30- 12h30	\$ 35-40 / training
Level 1 training	Tuesday from 10h30- 12h30	\$ 35-40 / training

- From May 5 to October 2
- Games on Thursdays from 10h-12h

PRIVATE LESSONS

- Private lessons for all levels
- Hitting partners available
- Option of semi private or group lessons
- Lesson planned according to your availability
- Information and registrations at :

ama@amgtennis.ca

clubspark.ca/AcademieMenard/PRIVATELESSONS

COMPETITIVE JUNIOR AND ADULT LEAGUE

WITH WTN STANDINGS
ITF World Tennis Number
<https://communitytennisleagues.com/fr/itf-world-tennis-number>

Activity / Level	Schedule	Fee
Intermediate League	Saturdays from 13h-15h	\$ 85 / Session
Advanced League	Sundays from 15h-17h	\$ 85 / Session

- 3 sessions :
May 24 to June 14
July 5 to July 27
August 2 to August 24
- 2 categories : Intermediate and advanced.
- Open to all ages.
- The Academy will plan matches for participants in order to put your learning into practice.
- The results on a minimum of 6 matches is necessary to generate a WTN score.
- Here is your chance to compete against players of your level in T.M.R.