

TENNIS

ACTIVITIES, 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 & Associés.

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

Registrations at :
www.clubspark.ca/AcademieMenard

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



HEAD COACHES



Robby Ménard
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President
Level 4 Coach



Roger Hernandez Pena
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General Manager
Level 3 Coach



Alex Varela
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Director - Junior and adult activities



Jumana Khafagi
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Assistant - Tennis for life and adult activities

JUNIOR ACTIVITIES

TENNIS FOR LIFE : 2 SESSIONS

1st session : May 6 to June 21

2nd session : 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 : SATURDAYS

1 session : May 18 to June 15

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

FULL DAY SUMMER TENNIS CAMP

Activity	Schedule	Fee
Tennis camp (8 yrs +) Level A (advanced)	Monday to Friday from 8h-16h (5 days)	600 \$ / Week
Tennis Camp (8 yrs +) Level B (intermediate)	Monday to Friday from 8h-16h (5 days)	600 \$ / Week
Tennis Camp Prospect Team (invitation only)	Monday to Friday from 8h-16h (5 days) (not offered) weeks of July 1 and August 5)	600 \$ / Week
Tennis Camp Prospect Team Half-Day (invitation only)	Monday to Friday from 13h-16h (5 days) (offered) weeks of July 1 and August 5)	300 \$ / Week

- 7 weeks of tennis camp offered :
 - July 1 to 5
 - July 8 to 12
 - July 15 to 19
 - July 22 to 26
 - August 5 to 9
 - August 12 to 16
 - August 19 to 23
- Schedule : 8-10 a.m. : Tennis / 10-11 a.m. : Multi-sports (Same in the afternoon)
- Prospect Team : By invitation only, an evaluation by the head coach is required.
- To request a Relevé 24 statement, you may contact : ama@amgtennis.ca

ACTIVITIES FOR ADULTS

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

- 1st session : May 13 to June 7
- 2nd session : June 10 to July 5
- 3rd session : July 8 to August 2
- 4th session : August 5 to 29

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 18h30-20h	\$ 350 / 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

RED LEVEL 1

Activity / Level	Schedule	Fee
Red (Beginner with some experience)	Tuesday and Thursday from 18h30-20h	\$ 400 / 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 18h30-20h	\$ 400 / 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 18h30-20h	\$ 400 / 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)	Monday and Wednesday from 18h30-20h	\$ 385 / 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 / training
Level 2 training	Monday from 10h30-12h30	\$ 35-40 / training
Level 1 training	Tuesday from 10h30-12h30	\$ 35-40 / training

- From May 6 to October 4
- 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

NEW

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

Activity / Level	Schedule	Fee
Junior League Intermediate	Sunday from 14h-16h	\$ 80 / Session
Junior League Advanced	Sunday from 16h-18h	\$ 80 / Session
Adult League Intermediate	Sunday from 13h-15h	\$ 80 / Session
Adult League Advanced	Sunday from 7h-9h	\$ 80 / Session

- 3 sessions :
May 26 to June 16
July 7 to 28
August 4 to September 1
- 2 categories per league :
Juniors : Intermediate and Advanced
Adults : Intermediate and Advanced
- 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.