



### KIDS NIGHT OUT:

Would you like to go out for dinner or relax? Or do whatever you wanted with 3 kid-free hours? Sign your kids up for our Kids Night Out program. Your kids will have a blast participating in games, dinner, and fun activities. Kids Night Out includes: dinner and evening snack, active games, themed activities, super fun staff and more!

**Ages: 4-12**    **Hours: 5:30pm-8:30pm**

DAY	DATES	THEME	MEMBER	NON MEM.	DAY	DATES	THEME	MEMBER	NON MEM.
Fr	April 25	Games Night	\$35.00	\$40.00	Fr	May 23	Arts Night	\$35.00	\$40.00

### DAY CAMP:

Our HRC camps are filled with games, sports, instruction from our Trainers & Pros, LUNCHES, SNACKS & more. Some of our programs include visits from special guests and local sport enthusiasts. Appropriate dress is advised as campers will participate in outdoor activities daily. We are a nut aware camp!

**Ages: 4-12**    **Camp Hours: 8:30am-4:30pm**

**LUNCHES & SNACKS INCLUDED!**  
GLUTEN FREE OPTIONS AVAILABLE!

### SUMMER CAMP:

HRC is super pumped about our Summer Camps! Each week campers will participate in themed activities, indoor & outdoor games, tennis lessons with our pros and more. **\*No Camps: July 1st (Canada Day) and August 4th (Civic Holiday).**

WEEK	DATES	TIME	# OF DAYS	WEEK	DATES	TIME	# OF DAYS
#1	Jun 30-Jul 4*	8:30am-4:30pm	4*	#5	Jul 28-Aug 1	8:30am-4:30pm	5
#2	Jul 7-Jul 11	8:30am-4:30pm	5	#6	Aug 5-Aug 8*	8:30am-4:30pm	4*
#3	Jul 14-Jul 18	8:30am-4:30pm	5	#7	Aug 11-Aug 15	8:30am-4:30pm	5
#4	Jul 21-Jul 25	8:30am-4:30pm	5	#8	Aug 18-Aug 22	8:30am-4:30pm	5
				#9	Aug 25-Aug 29	8:30am-4:30pm	5

TAXES INCLUDED FOR GENERAL CAMP

### SUMMER CAMP:

Summer Camp Registration will open to all members and non members **Monday March 3rd at 9:00am**. Refer to our website for details regarding the **9 weeks of camp** HRC is offering this 2025 summer season!

#### Camp Cancellation Policy for weekly camps and PD day camps:

- If canceling 7 days from enrollment date, 100% refund provided
- If canceling 10+ days before start date (8+ days after enrollment date), 15% administration fee will be charged
  - **85% refund if cancelling 10+ days before camp**
- If canceling less than 10 days before start date, 50% administration fee will be charged
  - **50% refund if cancelling within 10 days of camp starting**
- If canceling once camp has started NO refunds are provided

*Administration fees are charged due to food orders, activities, supplies, ect. already being ordered for all campers enrolled.*



**20** **SPRING**  
**25** Programs

**Headwaters**  
FITNESS ≠ RACQUET CLUB

(519) 942-2255    [headwatersracquetclub.com](http://headwatersracquetclub.com)



# Adult PROGRAMS

No Classes: April 18th (Good Friday), May 17th & 19th (Victoria Day)

## TENNIS: LEARN2PLAY - BEGINNER:

It's time to learn to play! Whether you just want to play socially with friends or need to keep up with the kids who are getting bigger and better, join our beginner tennis class. You'll learn the basics of the game – grip, scoring, strokes, footwork, court positioning and more. This class is a great way to get some exercise and meet other beginners to set up games with!

No class: May 17

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Apr 12-Jun 7	10:30am-11:30am	\$176.00	\$216.00

## TENNIS: LEARN2PLAY - INTERMEDIATE:

Whether you have been playing for months or years, this program is perfect for you to take the next step in our tennis programming. We build on the skills that you have already developed to start to advance you towards intermediate skills and mastery of the game. Not only is this class great to take your game to the next level, but you are able to meet others at your skill level to schedule games as well. **No class: May 17**

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Apr 12-Jun 7	11:30am-12:30pm	\$176.00	\$216.00

## TENNIS: LIVE BALL - BEGINNER:

Live Ball is a dynamic, fast-paced and enjoyable way to play doubles while rotating 4-6 players on one court. The point play is initiated by the pro with continuous feedback and instruction. This is the perfect class for our cardio tennis enthusiasts who are looking for more time on the court.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Apr 10-Jun 5	8:00pm-9:30pm	\$252.00	\$288.00

## TENNIS: LIVE BALL: (2.5-3.5 play level)

Live Ball is a dynamic, fast-paced and enjoyable way to play doubles while rotating 4-6 players on one court. The point play is initiated by the pro with continuous feedback and instruction.

No class: May 17

DAY	DATES	TIME	MEMBER	NON MEM.
Tu	Apr 8-Jun 3	6:30pm-8:00pm	\$292.50	\$324.00
Sa	Apr 12-Jun 7	9:00am-10:30am	\$260.00	\$288.00

## PICKLEBALL: BEGINNER LEARN 2 PLAY:

Skill Level - None/Beginner

Whether you have just heard about pickleball or just played it a couple of times, this is the best way for you to ensure that your game is getting off on the right foot. This program will introduce, reinforce and improve your understanding of pickleball concepts, strokes, and strategies. The goal of this program will be to ensure that you are comfortable with all aspects of the game, and able to compete in a gameplay environment.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Apr 10-May 1	5:30pm-6:30pm	\$100.00	\$120.00
Th	May 15-Jun 5	5:30pm-6:30pm	\$100.00	\$120.00

\*Drop in sessions for other various tennis programs are available, contact Front Desk or racquets@headwatersracquetclub.com

## PICKLEBALL: INTERMEDIATE+ LEARN 2 PLAY:

Skill Level - Early Intermediate (2.5 - 3.0)

Whether you have been playing for one year, or ten years, and you are looking to take the next step in your game, then this class is for you. This is the next step in our pickleball programming. This program session will build upon the concepts, skills, and strategies that were introduced in our beginner class, or that you have acquired through your pickleball experience. The goal of this program is to help you recognize your potential and focus on improving the quality of the strokes/shots that you are already executing.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Apr 10-May 1	6:30pm-7:30pm	\$100.00	\$120.00
Th	May 15-Jun 5	6:30pm-7:30pm	\$100.00	\$120.00

## GOLF: MEN'S SKILLS CLINIC:

Join our men's golf skills clinic. Each week you learn a new skill with our golf pro and test out those new skills on our state-of-the-art golf simulators.

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 7-May 12	7:30pm-8:30pm	\$180.00	\$210.00

## GOLF: WOMEN'S SKILLS CLINIC:

Join our women's golf skills clinic. Each week you learn a new skill with our golf pro and test out those new skills on our state-of-the-art golf simulators.

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 7-May 12	6:30pm-7:30pm	\$180.00	\$210.00

## SQUASH: ADULT HOUSE LEAGUE:

You are guaranteed good matches and good fun! Players are placed in divisions at their appropriate level, and matches are all pre-arranged using Skycourt software. Players will have one match per week. Email racquets@headwatersracquetclub.com to register.

DAY	DATES	TIME	MEMBER	NON MEM.
We	Apr 9-Jun 4	5:15pm-9:30pm	\$20.00	N/A

## STRENGTH & CONDITIONING: SUMMER SHRED CHALLENGE

Our Strength and Conditioning three-month challenges are perfect for new members to get introduced to our classes. Although improving your strength and overall health while losing some weight may be a nice side effect, that is not our primary focus. In fact, our main goal in this challenge is to build lasting, consistent change. We challenge you to workout 12 times each month across all three challenge months (April, May, June). If you 'win' this challenge you earn a discount towards a future membership on top of a chance to be randomly selected to win one of our grand prizes.

DATES	MEMBER	NON MEM.
Apr 1-Jun 30	Price based on current membership	\$329.00

# Junior PROGRAMS

No Classes: April 18th (Good Friday), May 17th & 19th (Victoria Day)

## JUNIOR TENNIS:

Refer to tennis program guide for Junior Tennis Lessons

## JUNIOR CARDIO TENNIS: (8-12 years)

This fun fast-paced tennis program is designed to get your feet moving and your heart pumping. Add to the opportunity to practice tennis skills in movement based drills and you have a perfect recipe for fun and fitness.

No tennis experience required. Racquets provided.

DAY	DATES	TIME	MEMBER	NON MEM.
We	Apr 9-Jun 4	5:30pm-6:30pm	\$135.00	\$180.00

## JUNIOR PICKLEBALL LEARN 2 PLAY:

FUNDamentals (8-12 years)

Come learn the fastest growing sport in North America! This program will focus is on developing a wide range of movement, balance, and object control skills; basic sport skills include grip, stance, ball control, serves, ground strokes, volleys, net shots, and footwork. Each week we will work on a different skill to help improve their pickleball awareness. Following skill development there will be game play suited to the abilities of the participants.

All necessary equipment will be provided.

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Apr 10-May 1	4:30pm-5:30pm	\$96.00	\$116.00
Th	May 15-Jun 5	4:30pm-5:30pm	\$96.00	\$116.00

## JUNIOR SQUASH: (8+ years)

Learn the game of squash in a fun and interactive way. The focus is on learning all the basics of squash, such as grip, basic shots, positioning and general rules of play and then developing to game play with piecing together rallies, developing an accurate serve and movement!

DAY	DATES	TIME	MEMBER	NON MEM.
Th	Apr 10-May 1	5:15pm-6:00pm	\$96.00	\$116.00
Th	May 15-Jun 5	5:15pm-6:00pm	\$96.00	\$116.00

## JUNIOR GOLF SKILLS CLINIC: (8+ years)

Join our junior golf skills clinic. Each week you learn a new skill with our golf pro and test out those new skills on our state-of-the-art golf simulators.

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 7-May 12	5:30pm-6:30pm	\$180.00	\$210.00

All Youth Fitness Classes (S&C and Yoga) are included in Family Memberships and Youth Memberships. Members with children 12 and under receive member pricing.

## JUNIOR S&C (STRENGTH & CONDITIONING): Welcome to Headwaters Strength & Conditioning for Kids!

In these hour-long classes, we will be emphasizing fun and the importance of lifelong fitness to harness a positive relationship with strength and conditioning.

This instructor-led class will start with a fun game or warm-up, followed by an instruction session, emphasizing the importance of good form and full range of motion. We break every primary movement down into its components to properly teach the class participants how to lift, press, squat, hinge, and carry.

Classes will consist of; weightlifting instruction, to emphasize how to properly lift weights, gymnastics training or bodyweight exercise (push-ups, jumps, squats, etc.) to improve coordination and balance, and cardiovascular training or metabolic conditioning to increase the efficiency of the heart and lungs.

No class: May 17

KIDS S&C (Ages 8-11) Birth year 2014-2017

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Apr 12-Jun 7	8:00am-9:00am	\$96.00	\$120.00

S&C TEENS (Ages 12+) Birth year 2013 and earlier

DAY	DATES	TIME	MEMBER	NON MEM.
Sa	Apr 12-Jun 7	10:00am-11:00am	\$104.00	\$128.00

## KIDS YOGA: (Ages 7-10)

Kids yoga will stretch and strengthen your child's body through basic and challenging yoga poses and challenging yoga poses and playing fun yoga games. Each week they will learn mindfulness activities, useful breathing exercises, and relaxation/visualization techniques that are themed and fun. No experience required. **No class: May 19**

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 7-Jun 2	4:00pm-4:45pm	\$96.00	\$120.00

## TEEN YOGA: (Ages 11+)

This class will guide your teen through a 45-minute gentle yoga flow. This includes age appropriate yoga poses, breathing techniques, relaxation, meditation, journaling and mudras. Through these sessions, your teen will progress from beginner to more advanced poses, as well as further their knowledge of the yoga philosophy. **No class: May 19**

DAY	DATES	TIME	MEMBER	NON MEM.
Mo	Apr 7-Jun 2	4:45pm-5:30pm	\$104.00	\$128.00