

SUMMER 2025

PROGRAM GUIDE

Karate

Kid's Tennis

Adult Tennis

Pickleball



ORC Karate Students

With Sensei Cody & Samantha



Summer At ORC

Please note all programming opens for registration on **Monday, May 12th at 10:00 am.**



**Join Sensei Cody & Sensei Samantha
for Junior Summer Karate
Every Thursday and Friday**



Join us this summer for the second annual ORC PlayCentre Summer Reading Challenge. Read or listen to books, collect prizes and have chances to win the grand prize!

Starting Monday, June 23rd

Register with the PlayCentre and receive your Reading Challenge Booklet.

Track your reading and have an adult sign off on each book.

Bring your booklet to the PlayCentre to earn prizes.

Every 10 books read earns you a ballot to win the grand prize.

Summer Karate Ages 5 to 16

Sensei Cody Fisher has over 10 years of martial arts experience, including karate, jiu-jitsu and wrestling. Also a math and science teacher, he has achieved a 2nd degree black belt in karate, purple belt in jiu-jitsu and attended national competitions in wrestling.

His karate style includes traditional ways such as kata (karate forms), kihon (the basics), kumite (controlled sparring), and kai (spirit).

Cody will also blend in current practices, allowing students to see how the skills they learn in karate can be applied to real world situations.

Program	Clinic	Day	Time	Date	Ends	Price
Karate Age 5 to 9	S800	Thurs	5:30 to 6:15 pm	June 12	July 17	\$90.00 6 Weeks
	S801	Fri	5:30 to 6:15 pm	June 13	July 18	\$90.00 6 Weeks
Karate Age 10 to 16	S802	Thurs	6:15 to 7:15 pm	June 12	July 17	\$90.00 6 Weeks
	S803	Fri	6:15 to 7:15 pm	June 13	July 18	\$90.00 6 Weeks

Junior Tennis

Tennis FUNdamentals

An introductory program for kids ages 4 to 6 years old where the goal is to get kids excited about being on a tennis court.

They will learn how to hold the racket, develop their hand/eye and foot coordination and learn the basic fundamentals.

No class on June 27, 28, July 25, 26 & Aug 2.

Progressive Development

Instructional tennis for beginner to intermediate players using modified balls & courts based on age + skill level. The lessons will cover forehand + backhand ground strokes, net play and starting the point skills with serve + return.

No class on June 27, 28, July 25, 26 & Aug 2.

Teen Drill & Play

A combination of game-based drilling and point play where players will develop new skills in both a singles and doubles context. This class is for beginners and intermediate players, who will be courted according to experience and skill level.

No class on June 27, 28, July 25, 26 & Aug 2.

Updated 05/01/2025

Program	Clinic	Day	Time	Date	Ends	Price
Tennis Fundamentals	S100	Fri	4:00 to 5:00 pm	June 13	July 4	\$100 4 Weeks
	S102	Sat	10:30 to 11:30 am	June 14	July 5	\$75 3 Weeks
	S101	Fri	4:00 to 5:00 pm	July 11	Aug 15	\$125 5 Weeks
	S103	Sat	10:30 to 11:30 am	July 12	Aug 16	\$100 4 Weeks
Progressive Development	S104	Fri	4:00 to 5:00 pm	June 13	July 4	\$100 4 Weeks
	S106	Sat	10:30 to 11:30 am	June 14	July 5	\$75 3 Weeks
	S105	Fri	4:00 to 5:00 pm	July 11	Aug 15	\$125 5 Weeks
	S107	Sat	10:30 to 11:30 am	July 12	Aug 16	\$100 4 Weeks
Teen Drill & Play	S108	Fri	5:00 to 6:30 pm	June 13	July 4	\$140 4 Weeks
	S109	Fri	5:00 to 6:30 pm	July 11	Aug 15	\$175 5 Weeks
	S110	Sat	11:30 to 1:00 pm	June 14	July 5	\$105 3 Weeks
	S111	Sat	11:30 to 1:00 pm	July 12	Aug 16	\$140 4 Weeks

Registration Date

Registration Start Date
Sign Up for Programs On
Monday May 12th at 10:00 am

To sign up, simply login to
<https://orc.clubautomation.com/>
or use the new ORC App!

Questions? Email us!
info@ontarioracquetclub.com



Adult Tennis Playing Opportunities

Questions? Email coach Kyle Rutherford at
krutherford@ontarioracquetclub.com

Competitive Speed Doubles

Fridays 7:00 to 9:00 pm

\$26 Per Week | \$10 One Time Prize Fee

Can you be calm, cool & collected against the clock?

Want lots of competitive games and variety of partners and opponents?

Want lots of fun and possibly win a gift card?

Then Speed Doubles is for you! The only 2-hour organized play program! Recommended for 3.0+ Players. Weekly sign-up seven days in advance via Reception.

Online Mixed Singles Box Ladder

Play competitive matches against players your level and try to work your way up the ladder. There are five players in each box, which means four matches a month to play. The top two in each box move up, bottom two move down and the middle player stays. Cost is \$25 per 12-month (consecutive) period.

Learn to Play 1.0 Beginner

A perfect opportunity for adults with minimal or no exposure to tennis, and who are keen to learn how to play the game. You will learn the basic fundamentals for each shot, court positioning and the scoring system. This clinic is also offered to ORC Fitness members two weeks after registration opens for ORC Racquet members. May be taken only once if on a Fitness membership. **No class on July 21 & August 4.**

Clinic	Day	Time	Date	Ends	Price
S112	Mon	9:00 to 10:30 am	June 9	Jun 23	\$120.00 3 Weeks
S113	Mon	9:00 to 10:30 am	July 7	Aug 11	\$160.00 4 Weeks
S114	Mon	7:00 to 8:30 pm	June 9	June 23	\$120.00 3 Weeks
S115	Mon	7:00 to 8:30 pm	July 7	Aug 11	\$160.00 4 Weeks

Drill & Play Offered at Multiple Levels

Train specific tactics for 45 minutes and then put what you learned into practice with point play for 45 minutes. This clinic is offered at all levels and playing abilities. **No class on July 21, 22, 23, 24 & 25 & August 2.**

LEVEL 2.0 - 2.5

Clinic	Day	Time	Date	Ends	Price
S120	Mon	7:30 to 9:00 pm	June 9	June 23	\$120.00 4 Weeks
S122	Tues	10:30 to 12:00 pm	June 10	June 24	\$120.00 3 Weeks
S121	Mon	7:00 to 8:30 pm	July 7	Aug 11	\$160.00 4 Weeks
S123	Tues	10:30 to 12:00 pm	July 8	Aug 12	\$200.00 5 Weeks

LEVEL 2.5 - 3.0

Clinic	Day	Time	Date	Ends	Price
S124	Wed	7:30 to 9:00 pm	June 12	July 3	\$160.00 4 Weeks
S126	Mon	10:30 to 12:00 pm	June 9	June 23	\$120.00 3 Weeks
S128	Fri	10:30 to 12:00 pm	June 12	July 3	\$160.00 4 Weeks
S125	Wed	7:00 to 8:30 pm	July 10	Aug 14	\$200.00 5 Weeks
S127	Mon	10:30 to 12:00 pm	July 7	Aug 11	\$160.00 4 Weeks
S129	Fri	10:30 to 12:00 pm	July 11	Aug 15	\$200.00 5 Weeks

LEVEL 3.0 - 3.5

Clinic	Day	Time	Date	Ends	Price
S130	Thurs	10:30 to 12:00 pm	June 12	July 3	\$160.00 4 Weeks
S132	Thurs	7:30 to 9:00 pm	June 12	July 3	\$160.00 4 Weeks
S131	Thurs	10:30 to 12:00 pm	July 10	Aug 14	\$200.00 5 Weeks
S133	Thurs	7:00 to 8:30 pm	July 10	Aug 14	\$200.00 5 Weeks

Cardio Tennis All Levels

If you're looking for an intense workout while playing tennis at the same time then look no further! Fast-paced feeding drills will get your heart rate up and provide lots of repetitions to groove your shots. **No class on July 21, 23 & August 4.**

Clinic	Day	Time	Date	Ends	Price
S116	Mon	6:30 to 7:30 am	June 9	June 23	\$72.00 3 Weeks
S117	Mon	6:30 to 7:30 am	July 7	Aug 11	\$96.00 4 Weeks
S148	Wed	9:00 to 10:00 am	June 11	July 2	\$96.00 4 Weeks
S149	Wed	9:00 to 10:00 am	July 9	Aug 13	\$120.00 5 Weeks

CARDIO TENNIS + LIVEBALL (2.5+)

Clinic	Day	Time	Date	Ends	Price
S116	Mon	6:30 to 7:30 am	June 9	June 23	\$72.00 3 Weeks
S117	Mon	6:30 to 7:30 am	July 7	Aug 11	\$96.00 4 Weeks

ORC Tennis Rain Policy

Should a class be cancelled due to inclement weather, the instructor will email participants as early as possible.

If a class has started and it begins to rain, that will count as a completed class and there will be no make-up.

There is a designated week to make up any cancelled classes in late August.

If more than one class is cancelled, there are no additional make-up dates; the value of the class will be credited to you.

Doubles Shot of the Week 2.5 to 3.0

Each week you will learn the fundamentals for specific shots and apply them to doubles games situations. There's a lot to learn, with an emphasis on net play. Let's get tactical! **No class on Jul 24.**

Shot of the Week 3.5 to 4.0

Each week you will learn the fundamentals for specific shots and apply them to game situations. We'll cover the topspin forehand & backhand, serve & return, overhead, volley & slice. **No class on Jul 22.**

Singles Bootcamp 2.5 to 3.5+

Ninety minutes of Match Simulation Training: increased offensive and counter-offensive capacity, improved defensive ability, mental toughness. Oh - you'll sweat and have fun, too! **No class on Jul 23 & 24.**

Doubles Warriors 3.0 to 3.5

This class will help get you there through candid coaching of shot selection tactics, strategic positioning and sweat equity training through almost non-stop point play. Warm up before the clinic, bring lots of fluids and be ready to be "aggressively smart, not aggressively sloppy". **No class on June 28, July 26 & Aug 2.**

Adult Academy 4.5+

A unique opportunity to hit with the coaches. Improve your game and conditioning with high volume hitting drills. Each class ends with point play where you can put your skills into context. No class on June 28, July 26 & Aug 2. **Email Andrea to take part in this high-level class: arabzak@ontarioracquetclub.com**

	Clinic	Day	Time	Date	Ends	Price
Doubles Shot of the Week 2.5 to 3.0	S134	Thurs	9:00 to 10:30 am	June 12	July 3	\$160.00 4 Weeks
	S135	Thurs	9:00 to 10:30 am	July 10	Aug 14	\$200.00 5 Weeks
Shot of the Week 3.5 to 4.0	S142	Tues	7:30 to 9:00 pm	June 10	June 24	\$120.00 3 Weeks
	S143	Tues	7:00 to 8:30 pm	July 8	Aug 12	\$200.00 5 Weeks
Singles Bootcamp 2.0 to 3.0	S144	Wed	8:00 to 9:30 pm	June 11	July 2	\$160.00 4 Weeks
	S145	Wed	8:00 to 9:30 pm	July 9	Aug 13	\$200.00 5 Weeks
Singles Bootcamp Level 3.5+	S146	Thurs	8:00 to 9:30 pm	June 12	July 3	\$160.00 4 Weeks
	S147	Thurs	8:00 to 9:30 pm	July 10	Aug 14	\$200.00 5 Weeks
Doubles Warriors 3.5+	S136	Sat	2:00 to 4:00 pm	June 14	July 5	\$135.00 3 Weeks
	S137	Sat	2:00 to 4:00 pm	July 12	Aug 16	\$180.00 4 Weeks
Adult Academy Level 4.5+	S138	Sat	9:00 to 10:30 am	June 14	July 5	\$135.00 3 Weeks
	S139	Sat	9:00 to 10:30 am	July 12	Aug 16	\$180.00 4 Weeks

Clinic Cancellation Policy

To ensure proper class numbers, please request cancellations at least one week prior to the start of any session. In this case, we will be happy to fully credit or refund you the amount of the clinic. Requesting to be removed after this point will be subject to a prorated credit depending on how far into the session the request was made. Any session that was cancelled due to low enrollment will be automatically credited or refunded. Any questions can be directed to Kyle at krutherford@ontarioracquetclub.com.

Finally, no credits will be given for any classes missed due to personal reasons. If you know in advance that you'll be away, you are encouraged to give your spot to another member that you know who is at a similar level.

Have Questions for the ORC Tennis Department?

Adult Classes

Kyle Rutherford
Head of Adult Tennis

krutherford@ontarioracquetclub.com

Junior Classes

Adrian Tollstam
Head of Junior Tennis

atollstam@ontarioracquetclub.com

General Inquiry

Celine Hoang
Tennis Administrator

choang@ontarioracquetclub.com

Head of Tennis

Yves Boulais
Tennis Director

yboulais@ontarioracquetclub.com

Private Lessons *Tennis Members Only*

Our seasoned roster of qualified club professionals can offer our members private, semi private and small group tennis instruction to help you bring your game to the next level. ORC tennis members can contact any Tennis Professional to book a lesson directly.

Email us at tennis@ontarioracquetclub.com
Please note court fees are extra.

Lesson Rates for ORC Members	
Lesson Type	Hourly Rate
Private	\$82 - Level 1 Coach
	\$89 - Level 2 Coach
	\$94 - Level 3 Coach
Semi-Private	\$51 - Level 1 Coach
	\$56 - Level 2 Coach
	\$59 - Level 3 Coach
Group of 3	\$40 - Level 1 Coach
	\$42 - Level 2 Coach
	\$45 - Level 3 Coach
Group of 4	\$31 - Level 1 Coach
	\$33 - Level 2 Coach
	\$35 - Level 3 Coach
Contact the tennis department for more information or to help you find the right instructor. tennis@ontarioracquetclub.com	

Booking Tennis at ORC

Please note court and lesson bookings are limited to ORC tennis members. Tennis courts may be booked up to seven days in advance through the Reception Desk.

Club phone line bookings are opened at 7:30 am each day and calls will be answered in sequence. Seven day bookings can be made on the app or website as of that time as well.

In fairness to all members, please be aware that the Reception Team will be ensuring there is only one advanced booking, per member, per day. You may book one hour for singles; 1.5 hours for doubles.

Indoor Court Fees		
Monday thru Friday	Non Prime \$15/Hour	5:00 am to 8:00 am --- & --- 8:00 pm to Closing
	Prime Time \$26/Hour	8:00 am to 8:00 pm
Weekends & Holidays	Non Prime \$15/Hour	7:00 am to 8:00 am --- & --- 6:00 pm to Closing
	Prime Time \$26/Hour	8:00 am to 6:00 pm

ORC Pickleball

Drop In Social Play

Pre-register to reserve your spot; these sessions fill up!
Price is per-player, per session.

	Day	Time	Starts	Ends	Price
All Levels	Mon	11:00 to 12:30 pm	June 2	Aug 25	\$5.00 <i>Per Session</i>
All Levels	Wed	7:00 to 8:30 pm	June 4	Aug 27	\$5.00 <i>Per Session</i>
All Levels	Fri	11:00 to 12:30 pm	June 6	Aug 29	\$5.00 <i>Per Session</i>
All Levels	Fri	7:00 to 8:30 pm	June 6	Aug 29	\$5.00 <i>Per Session</i>
All Levels	Sat	1:30 to 3:00 pm	June 7	Aug 30	\$5.00 <i>Per Session</i>
Reserve Your Spot on the ORC App					

Drop In Level Play

Pre-register to reserve your spot; these sessions fill up!
Price is per-player, per session.

	Day	Time	Starts	Ends	Price
Novice Play	Tues	2:00 to 3:30 pm	June 3	Aug 26	\$5.00 <i>Per Session</i>
Novice Play	Thurs	2:00 to 3:30 pm	June 5	Aug 28	\$5.00 <i>Per Session</i>
2.5 to 3.0	Tues	11:00 to 12:30 pm	June 3	Aug 26	\$5.00 <i>Per Session</i>
2.5 to 3.0	Thurs	11:00 to 12:30 pm	June 5	Aug 28	\$5.00 <i>Per Session</i>
2.5 to 3.5	Tues	7:00 to 8:30 pm	June 3	Aug 26	\$5.00 <i>Per Session</i>
2.5 to 3.5	Wed	11:00 to 12:30 pm	June 4	Aug 27	\$5.00 <i>Per Session</i>
3.5+	Thurs	7:30 to 9:00 pm	June 5	Aug 28	\$5.00 <i>Per Session</i>
Reserve Your Spot on the ORC App					

PICKLEBALL LESSONS

Private	1 person	\$80 <i>Per Person Per Hour</i>
Semi private	2 people	\$55 <i>Per Person Per Hour</i>
Group	3 people	\$45 <i>Per Person Per Hour</i>
Group	4 people	\$35 <i>Per Person Per Hour</i>

Contact the ORC Pickleball Team to discuss lessons
Albert Fong: afong@ontarioracquetclub.com
Allan Cook: acook@ontarioracquetclub.com

Registration Opens at 10:00 am on Monday May 12th
www.orc.clubautomation.com

Learn-to-Play

Ideal for new pickleball players. Learn the game format and rules. Focus on key fundamentals so that new players are set up for success.

Clinic	Day	Time	Date	End	Price
S500	Wed	12:30 to 2:00 pm	June 4	June 25	\$50.00 4 Weeks
S501	Wed	12:30 to 2:00 pm	July 2	July 23	\$50.00 4 Weeks
S502	Wed	12:30 to 2:00 pm	July 30	Aug 20	\$50.00 4 Weeks
S509	Sat	12:00 to 1:30 pm	June 7	June 28	\$50.00 4 Weeks
S510	Sat	12:00 to 1:30 pm	July 5	July 26	\$50.00 4 Weeks
S511	Sat	12:00 to 1:30 pm	Aug 9	Aug 23	\$38.00 3 Weeks
S512	Mon	12:30 to 2:00 pm	June 2	June 23	\$50.00 4 Weeks
S513	Mon	12:30 to 2:00 pm	June 30	July 21	\$50.00 4 Weeks
S514	Mon	12:30 to 2:00 pm	July 28	Aug 18	\$50.00 4 Weeks

Pickleball Drill & Play

You will train specific tactics and put what you have learned into practice afterwards. This clinic is offered to intermediate to advanced players.

Clinic	Day	Time	Date	End	Price
S515 2.0 to 2.5	Tues	12:30 to 2:00 pm	June 3	June 24	\$50.00 4 Weeks
S516 2.0 to 2.5	Tues	12:30 to 2:00 pm	July 8	July 29	\$50.00 4 Weeks
S517 2.0 to 2.5	Tues	12:30 to 2:00 pm	Aug 5	Aug 26	\$50.00 4 Weeks
S503 2.5 to 3.0	Thurs	12:30 to 2:00 pm	June 5	June 26	\$50.00 4 Weeks
S504 2.5 to 3.0	Thurs	12:30 to 2:00 pm	July 3	July 24	\$50.00 4 Weeks
S505 2.5 to 3.0	Thurs	12:30 to 2:00 pm	July 31	Aug 21	\$50.00 4 Weeks
S506 3.0 to 3.5	Fri	12:30 to 2:00 pm	June 6	June 27	\$50.00 4 Weeks
S507 3.0 to 3.5	Fri	12:30 to 2:00 pm	July 4	July 25	\$50.00 4 Weeks
S508 3.0 to 3.5	Fri	12:30 to 2:00 pm	Aug 1	Aug 22	\$50.00 4 Weeks

