



MIKE THOMSON

DIRECTOR OF TENNIS

As a nationally recognized tennis pro of 38 years, Mike has played, coached and worked with players from the junior level to the pro levels. He has played at the Open level, worked with #1 ATP doubles player Daniel Nestor, and was practice partner for French Open Champion, Yannick Noah. For the past 16 years, Mike has worked with tennis greats past and present as Director of the Rogers Cup PRO-AM.

Mike is thrilled to be returning to Eglinton Flats for his 24th season as Director of Tennis. He looks forward to working with returning students and welcomes all new players.

Mike Thomson Shot Selections

271 Ridley Blvd., Suite 1202
Toronto, ON M5M 4N1

416.820.1993
ShotSelections@rogers.com

PRIVATE LESSON RATES MIKE THOMSON

N° of Students	Non-Prime	Prime
1	\$80 +\$20 court fee	\$80 +\$28 court fee
2	\$45 +\$20 court fee	\$45 +\$28 court fee
3	\$36 +\$20 court fee	\$37 +\$28 court fee
4+	\$37	\$38

ASSISTANT PROS

N° of Students	Early Bird	Non-Prime	Prime
1	\$70 +\$16 court fee	\$70 +\$20 court fee	\$70 +\$28 court fee
2	\$35 +\$16 court fee	\$40 +\$20 court fee	\$40 +\$28 court fee
3	\$30 +\$16 court fee	\$30 +\$20 court fee	\$35 +\$28 court fee
4+	\$32	\$32	\$35

FALL HOUSE LEAGUES & SPECIAL EVENTS

Members must be rated within the last 4 years to participate

FREE COURTS: October 1-7
FREE RATINGS: October 1-7
Sign-up required

WOMEN'S AFTERNOON HOUSE LEAGUE

Rating
3.0-3.5
Intermediate

TUESDAYS, 1pm-3pm
OCTOBER 17, 2023 to JANUARY 23, 2024 \$168/person
Sign-up with payment starts September 13 at 2:30pm

WOMEN'S EVENING HOUSE LEAGUE

Rating
3.0-3.5/4.0+
Intermediate/Advanced

ALT. THURSDAYS, 7pm-9pm
OCTOBER 19, 2023 to JANUARY 25, 2024 \$114/person
Sign-up with payment starts September 13 at 2:30pm

MEN'S EVENING HOUSE LEAGUE

Rating
3.0-3.5/4.0+
Intermediate/Advanced

ALT. THURSDAYS, 9pm-11pm
OCTOBER 19, 2023 to JANUARY 25, 2024 \$102/person
Sign-up with payment starts September 13 at 2:30pm

NOTE: No matches between December 20 & December 29
Winter Session House League Sign-up begins November 15 & November 28

ADULT DAVIS CUP

Rating
3.5+

SATURDAY, 1pm-5pm
FEBRUARY 10, 2024 \$80/person
Sign-up with payment starts December 30, 2023

INTERESTED IN PRIVATE LESSONS? YES NO

ROUND ROBINS & SOCIAL DOUBLES

Members must be rated within the last 4 years to participate

MIXED DOUBLES

Rating
2.5-3.5
Low Intermediate

THURSDAYS, 11am-1pm
BEGINNING OCTOBER 12, 2023 \$14/person
Sign-up (phone) Sundays at 10:15am

SOCIAL MIXED DOUBLES

Rating
2.5-3.5
Low Intermediate

FRIDAYS, 7pm-9pm
BEGINNING OCTOBER 13, 2023 \$19/person
Sign-up (phone) Sundays at 10:15am

MEN'S DOUBLES B

Rating
3.0-3.5
Intermediate

SATURDAYS, 9am-11am
BEGINNING OCTOBER 14, 2023 \$19/person
Sign-up (phone) Mondays at 12:15pm

WOMEN'S DOUBLES

Rating
3.0-4.0
Intermediate

SATURDAYS, 11am-1pm
BEGINNING OCTOBER 14, 2023 \$19/person
Sign-up (phone) Mondays at 12:15pm

MEN'S DOUBLES A

Rating
4.0+
Advanced

SATURDAYS, 3pm-5pm
BEGINNING OCTOBER 14, 2023 \$19/person
Sign-up (phone) Mondays at 12:15pm

MIXED DOUBLES A

Rating
4.0+
Advanced

SUNDAYS, 11am-1pm
BEGINNING OCTOBER 15, 2023 \$19/person
Sign-up (phone) Tuesdays at 12:15pm

EGLINTON FLATS ADULT PROGRAMS

EGLINTON FLATS ADULT PROGRAMS

2023/2024 ADULT LESSONS

Session 1	Session 2	Session 3	Session 4
Begins Oct. 1, 2023 (7 Wks)	Begins Nov. 19, 2023 (7 Wks)	Begins Jan. 21, 2024 (7 Wks)	Begins Mar. 10, 2024 (7 Wks)

Time	Programs Offered	Cost*	Sessions			
			1	2	3	4
MONDAY						
12:00pm-1:00pm	Intermediate 5:1	\$180				
1:00pm-3:00pm	Doubles Strategy 4:1	\$438				
6:00pm-8:00pm	Tournament Level 4:1	\$466				
8:00pm-9:00pm	Beginner 5:1	\$190				
9:00pm-11:00pm	Intermediate 4:1	\$452				
TUESDAY						
7:00am-9:00am	Morning Workout 4:1	\$410				
11:00am-1:00pm	Intermediate 4:1	\$438				
6:00pm-8:00pm	Tournament Level 4:1	\$466				
8:00pm-9:00pm	Beginner/Int. 5:1	\$190				
9:00pm-10:00pm	Intermediate 5:1	\$190				
10:00pm-11:00pm	Intermediate 5:1	\$180				
WEDNESDAY						
7:00am-9:00am	Morning Workout 4:1	\$410				
12:00pm-1:00pm	Intermediate 5:1	\$180				
6:00pm-7:00pm	Beginner 5:1	\$190				
7:00pm-8:00pm	Intermediate 5:1	\$190				
8:00pm-9:00pm	Intermediate 5:1	\$190				
9:00pm-11:00pm	Advanced 4:1	\$452				
THURSDAY						
7:00am-9:00am	Morning Workout 4:1	\$410				
6:00pm-7:00pm	Intermediate 5:1	\$190				
FRIDAY						
7:00am-9:00am	Morning Workout 4:1	\$410				
SATURDAY						
7:00am-9:00am	Morning Workout 4:1	\$438				
12:00pm-1:00pm	Intermediate 5:1	\$190				
1:00pm-3:00pm	Advanced 4:1	\$466				
4:00pm-6:00pm	Int./Advanced Jrs. 6:1	\$358				
SUNDAY						
1:00pm-3:00pm	Jrs. Progressive 6:1	\$358				
3:00pm-5:00pm	Intermediate 5:1	\$374				
5:00pm-6:00pm	Intermediate 5:1	\$190				
8:00pm-10:00pm	Intermediate 4:1	\$438				

*Cost is per session based on a 7 week session.

**NOTE: There will be no classes from December 24, 2023 - January 6, 2024 & March 11 - 27, 2024

TENNIS RATING GUIDE

MORNING WORKOUT

Rating 3.0-4.5

- Physical conditioning and footwork drills
- Ground strokes, volleying and serving drills
- Tie-breaker match play

BEGINNER

Rating 1.0-2.5

- Promotes the love of tennis
- Focus is on technical skills and tactical skills, movement, court sense, basic understanding of the rules

INTERMEDIATE

Rating 3.0-3.5

- Tactical play
- Swing rhythm on both forehand and backhand, introduce topspin
- Differentiate between volleys and ground strokes
- Focus on serving styles and return of serve

ADVANCED

Rating 4.0-4.5

- Competitive level players
- Training includes aerobic, physical and mental conditioning, instructional drills and challenge matches of singles/doubles
- Move from recreational to competitive level

TOURNAMENT LEVEL

Rating 5.0+

- Develop physical fitness, increase consistency under pressure for strokes and shot selection and strengthen mental toughness
- Focus is on tournament and league play strategies for doubles and singles

DOUBLES STRATEGY

Rating 3.0+

- Strategic placement
- Movement coordination
- Defense and attack
- Communication
- Court positioning

2023/2024 APPLICATION FORM

Member's Name:
Level of Play:
Address:
Telephone:
Email:
Session(s):
Date(s):
Lesson Fee:



WAIVER AND RELEASE OF LIABILITY.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, **hereby release and hold harmless Mike Thomson, Shot Selections, Eglinton Flats Winter Tennis Club**, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners, and the lessor of premises used to conduct the event ("releasees"), **with respect to any and all injury, disability, death**, or loss or damages to persons or property, **whether caused by the negligence of the releasees or otherwise**. This waiver and release of liability protects the releasees from all claims related to any epidemics and/or pandemics.

Signature:

Drop applications at the club between 2:30pm & 7:30pm on Mondays, Wednesdays & Fridays starting Sept. 11, 2023:

EFWTC
3601 Eglinton Ave. West
Toronto, ON
416.767.3622

Mail applications with attached cheque to:

Shot Selections
271 Ridley Blvd.
Suite 1202
Toronto, ON
M5M 4N1

Eglinton Flats & Shot Selections reserve the right to cancel or change programs based on demand and/or court availability.

Presented by



Sponsor

