



MIKE THOMSON

DIRECTOR OF TENNIS

As a nationally recognized tennis pro of 39 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 25th season as Director of Tennis. He looks forward to working with returning students and welcomes all new players.

Mike Thomson Shot Selections

341 Ridley Blvd.
Toronto, ON M3H 1L3

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 \$168/person

TUESDAYS, 1pm-3pm
OCTOBER 15, 2024 to JANUARY 14, 2025
JANUARY 21, 2025 to APRIL 15, 2025

Sign-up using Ball Button starts September 18, 2024 at 8:30pm
 Email Eglinton Flats with partners name

Rating
3.0-3.5
 Intermediate

WOMEN'S EVENING HOUSE LEAGUES \$114/person

ALT. THURSDAYS, 7PM-9PM
OCTOBER 17, 2024 TO JANUARY 16, 2025
JANUARY 23, 2025 TO APRIL 17, 2025

Sign-up using Ball Button starts September 18, 2024 at 8:30pm
 Email Eglinton Flats with partners name

Rating
3.0-3.5/4.0+
 Intermediate
 Advanced

MEN'S EVENING HOUSE LEAGUE \$102/person

ALT. THURSDAYS, 9PM-11PM
OCTOBER 17, 2024 TO JANUARY 16, 2025
JANUARY 23, 2025 TO APRIL 17, 2025

Sign-up using Ball Button starts September 18, 2024 at 8:30pm
 Email Eglinton Flats with partners name

Rating
3.0-3.5/4.0+
 Intermediate
 Advanced

ADULT DAVIS CUP \$80/person

SATURDAY, 1PM-5PM
FEBRUARY 8, 2025

Sign-up with payment starts December 30, 2024

Rating
3.5
 Intermediate

ROUND ROBINS & SOCIAL DOUBLES

Members must be rated within the last 4 years to participate
 Sign-up using Ball Button 7 days before round-robin play at 8:30pm

MIXED DOUBLES

THURSDAYS, 11AM-1PM
BEGINNING OCTOBER 17, 2024

Sign-up using Ball Button on Thursdays,
 1 week before at 8:30pm

\$14/person

Rating **2.5-3.5** Low Intermediate

SOCIAL MIXED DOUBLES

FRIDAYS, 7PM-9PM
BEGINNING OCTOBER 18, 2024

Sign-up using Ball Button on Fridays,
 1 week before at 8:30pm

\$19/person

Rating **2.5-3.5** Low Intermediate

MEN'S DOUBLES B

SATURDAYS, 9AM-11AM
BEGINNING OCTOBER 19, 2024

Sign-up using Ball Button on Saturdays,
 1 week before at 8:30pm

\$19/person

Rating **3.0-3.5** Intermediate

WOMEN'S DOUBLES

SATURDAYS, 11AM-1PM
BEGINNING OCTOBER 19, 2024

Sign-up using Ball Button on Saturdays,
 1 week before at 8:30pm

\$19/person

Rating **3.0-4.0** Intermediate

MEN'S DOUBLES A

SATURDAYS, 3PM-5PM
BEGINNING OCTOBER 19, 2024

Sign-up using Ball Button on Saturdays,
 1 week before at 8:30pm

\$19/person

Rating **4.0+** Advanced

MIXED DOUBLES A

SUNDAYS, 11AM-1PM
BEGINNING OCTOBER 20, 2024

Sign-up using Ball Button on Saturdays,
 1 week before at 8:30pm

\$19/person

Rating **4.0+** Advanced

NOTE: No matches between December 24 & January 2
 Winter Session House League Sign-up begins November 19 & December 5

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

INTERESTED IN PRIVATE LESSONS? **YES** **NO**

EGLINTON FLATS ADULT PROGRAMS

TENNIS RATING GUIDE

ADULT CLINICS SESSION DATES

All sessions 7 weeks unless otherwise indicated

MONDAYS

- Session 1 October 7 - November 18
- Session 2 November 25 - January 20
- Session 3 January 27 - March 17
- Session 4 March 24 - April 28 (6 weeks)

TUESDAYS

- Session 1 October 1 - November 12
- Session 2 November 19 - January 14
- Session 3 January 21 - March 4
- Session 4 March 18 - April 29

WEDNESDAYS

- Session 1 October 2 - November 13
- Session 2 November 20 - January 15
- Session 3 January 22 - March 5
- Session 4 March 19 - April 30

THURSDAYS

- Session 1 October 3 - November 14
- Session 2 November 21 - January 16
- Session 3 January 23 - March 6
- Session 4 March 20 - April 24 (6 weeks)

FRIDAYS

- Session 1 October 4 - November 15
- Session 2 November 22 - January 17
- Session 3 January 24 - March 7
- Session 4 March 21 - April 25 (6 weeks)

SATURDAYS

- Session 1 October 5 - November 16
- Session 2 November 23 - January 18
- Session 3 January 25 - March 15
- Session 4 March 22 - April 26 (6 weeks)

SUNDAYS

- Session 1 October 6 - November 17
- Session 2 November 24 - January 19
- Session 3 January 26 - March 16
- Session 4 March 23 - April 27 (6 weeks)

2024/2025 ADULT LESSONS

Session 1	Session 2	Session 3	Session 4
Begins week Oct. 1, 2024	Begins week Nov. 19, 2024	Begins week Jan. 21, 2025	Begins week Mar. 18, 2025

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, 2024 - January 5, 2025 & March 8 - 14, 2025

2024/2025 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. 18, 2024:

EFWTC
3601 Eglinton Ave. West
Toronto, ON
416.767.3622

Mail applications with attached cheque to:

Shot Selections
341 Ridley Blvd.
Toronto, ON
M3H 1L3

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

Presented by



Sponsor

