

PICKERING RECREATION COMPLEX

Squash



Become a Member Squash Plus

Enjoy pre-paid court fees, 6 international courts, 2 new doubles courts and a fully stocked pro shop with access to a full time CSRA Squash Professional. Membership includes Health Rooms and all Membership Studio classes.

Pay-as-you-go Rates

Fees per 40 minute court bookings

Prime Time Hours:

Monday to Friday 5 pm - 11 pm
Saturday & Sunday 7 am - 5 pm

Non-Prime Time Hours:

Monday to Friday 6 am - 5 pm
Saturday & Sunday 5 pm - 9 pm

Please contact the front desk for rates. Free use of squash and racquetball equipment is available.

Members ...get full benefits

Membership Changerooms
Studio Group Fitness
Whirlpool & Sauna, Swimming & Health Club
Monthly Members Perks & Special Deals
Child Supervision Discounts
Discounted Personal Training & Nutrition Counselling
Great Renewal Rates



Look for our new Squash Membership Rates including access to Group Fitness programs and use of Double's Squash Courts. Rates available at Recreation Complex Information.

House Leagues

This is a great way to get involved in the club and meet players of the same level. We have a very active singles and doubles house league playing in three sessions. The first session runs from September to December. The second session runs from January to April and the third session runs from April to June. All levels, from beginner to advanced are included and you may join the league at any time. Please feel free to contact Nicole Pirko for more information at 905.683.2760 ext. 3236.

T&D

The Toronto and District League consists of teams from clubs in and around the Toronto area who play against each other every week. The Pickering Squash Club has doubles and singles teams for men and women from level "E" to level "A", as well as "Masters". This is a great opportunity to visit other clubs, have competitive matches and meet new players at your level from around the city. The hosting team provides dinner and refreshments for the visiting team.

Cost: Team divides cost of hosting their guests.

Tournaments

We host a variety of doubles and singles tournaments for all levels of players from absolute beginners to very advanced level players. These include "handicapped friendlies", three day weekend club or city wide tournaments, and week-long club and major championships. Check the information board for all upcoming events.

Squash Lesson Rates

Adult Singles:

\$40.00 - 40 minute private lesson
\$140.00 - Package Rate (4 lessons)

Adult Doubles:

\$60.00 - 60 minute lessons
(group of 3 players- \$20 each)

Juniors:

\$30.00 - 40 minute private lesson
\$100.00 - Package of 4 lessons

Semi-Private Lessons (2 people):

\$45.00 - 40 minute semi-private lesson
(\$22.50 each player)
\$160.00 - Package of 4 lessons

About Nicole Pirko

Nicole started playing squash here at the Pickering Squash Club at the early age of 8. Nicole had a passion for squash and after many lessons and much time on court she became a top player. As a top ranked junior she competed internationally representing Canada at tournaments all over the world. She obtained a Kinesiology degree at McMaster University while continuing to compete at the national and international level. Nicole is a certified level 3 coach and is currently coaching the Canada Winter Games Team. Nicole has many years experience training players of all ages and levels from beginner to the elite level. Nicole is always excited to introduce new players into the club and show them just how fun and rewarding this sport can be! Register by calling Nicole at 905.683.2760 ext. 3236.



Squash

Clinics

Adult beginner and intermediate single and doubles clinics are held every month all year round. There are 4, 60 minute sessions in each clinic held at various times during the day on various days. Morning, daytime, lunchtime and evening clinics are all available at various times during the year. To register for a clinic or for more information contact Nicole at 905.831.1711 ext. 3236.
Fee: \$ per clinic.

Adult Squash

Beginner Adult Squash Clinics

This clinic is ideal for those wanting to learn the basic strokes such as the forehand, backhand, serve, and drop shot. Participants also learn the basic rules and strategies of squash. Come find out just how much fun this sport can be! All equipment provided.

Day:	Tuesdays	Session #1:	Tuesday, February 7, 14, 21, 28
Time:	6:20 pm - 7:20 pm	Session #2:	Tuesday, March 6, 13, 20, 27
Length:	4 weeks	Session #3:	Tuesday, April 3, 10, 17, 24
Fee:	\$ hst included		

Intermediate Adult Squash Clinics:

This clinic is intended for adults who have previously participated in a beginner clinic and are looking to improve on advanced strategies, techniques, accuracy and shot selection. Improve your game and fitness level while enjoying the benefits of learning in a group setting.

Day:	Tuesday	Session #1:	Tuesday, January 3, 10, 17, 24
Time:	7:20 pm - 8:20 pm	Session #2:	Tuesday, March 6, 13, 20, 27
Length:	4 weeks		
Fee:	\$ HST included		

Intro to Doubles Squash Clinics:

This clinic is intended for adults who are new to the game of doubles squash and are looking to learn strategies, techniques, accuracy and shot selection. Improve your game and fitness level while enjoying the benefits of learning in a group setting.

Day:	Wednesdays	Session #1:	Wednesday, January 11, 18, 25
Time:	6:00 pm - 7:00 pm	Session #2:	Wednesday, March 7, 14, 21
Length:	3 weeks	Session #3:	Wednesday, April 4, 11, 18
Fee:	\$ hst included		

Beginner Women's Daytime Squash Clinic

Day: Wednesdays
Time: 9:30 am - 10:30 am
Length: 4 weeks
Fee: \$60.00 hst included

Session #1:
Wednesday January 4, 11, 18, 25

Session #2:
Wednesday March 7, 14, 21, 28

Junior Squash

Your child will learn all the basic necessities of playing squash - proper technique, footwork, rules, scoring, strategy, squash etiquette and a long list of shots to develop and improve upon. Equipment will be provided for any student without, but proper non-marking shoes are mandatory.

Saturday Junior Squash Clinic

(Ages 9-16)

First Hour

Your child will learn all the basic necessities of playing squash - proper technique, footwork, rules, scoring, strategy, squash etiquette and a long list of shots to develop and improve upon. Equipment will be provided for any student without, but proper non-marking shoes are mandatory.

Second Hour

In the second hour of the lesson program, the focus turns to playing games or matches. Matches will be set up between different children and recorded on the tally sheet. Match play should be the ultimate goal for all squash participants. The focus here is more on fun than technique.

Start: Saturday January 14th, 2012
Time: 10:30 am - 12:30 pm
Length: 8 weeks
Fee: \$100.00 hst included

Friday Mornings Double Round Robin:

You must be a squash member to participate in the Round Robin.

Day: Fridays
Time: 8:30 am - 10:00 am

Pro Shop and Racquet Stringing:

Nicole Pirko owns and operates the Pro Shop, located across from court 3 in the Squash Corridor. All members have access to a wide range of products and services. A 48 hour re-stringing service for Squash and Racquetball racquets is available. Please contact Nicole directly for more information at 905.831.1711 ext. 3236.



PICKERING RECREATION COMPLEX

Tennis



The 2011-2012 Winter Season continues until April.

Club activities include Challenge Ladders, House Leagues, the Club Tournament and Lessons. House League, Round Robins and the Club Tournament are for members only; the Ladders and Lessons are available for both members and pay-as-you-play patrons.

Head Tennis Pro: Dave Ochotta

Dave's past playing experience includes two years on the NCAA San Diego State University tennis team, competition in the Italian Grand Prix and quarter final finish in the Malta International Open.

As a coach, Dave has many years of varied teaching and coaching experience. He is a level III Tennis Canada certified coach, and most recently he led a Canadian junior under 12 team to victory in Bordeaux, France. Dave has been an Ontario Player Development Committee member and his junior and senior players and teams from the Recreation Complex have won many championships at the International, National, Provincial and local levels. Dave operates daytime and evening leagues and varied club activities for our tennis members. His lesson programs are geared for all ages and levels from beginner to elite. Dave can be reached at 905.683.2760 ext. 3235.

Become a Member Tennis Plus

Enjoy a 50% reduction in court rates; 4 indoor courts, access to a full-time level 3 Tennis Pro, pro shop and be eligible for leagues, ladders and tournaments, use of health rooms and all general membership studio classes.

Pay-as-you-go Rates

Fees per 1-hour court bookings

Prime Time Hours

Monday to Friday 5 pm - 11 pm
Saturday & Sunday 7 am - 5 pm

Non-Prime Time Hours

Monday to Friday 6 am - 5 pm
Saturday & Sunday 5 pm - 9 pm

Please contact the front desk for rates
Free use of squash and racquetball equipment is available.

Members ...get full benefits

Membership Changerooms
Studio Group Fitness
Whirlpool & Sauna, Swimming &
Health Club
Monthly Members Perks & Special Deals
Child Supervision Discounts
Discounted Personal Training & Nutrition
Counselling
Great Renewal Rates

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Ladders

The Men's and Women's Ladders are posted next to the tennis bulletin board. New entrants may sign up. The deadline is February 15, 2012. The regular season runs until March 22, at which time playoffs for the top finishers will begin.

Club Tournament

This year's Club Tournament will be held during the week of April 17 - 22. All categories of singles, doubles and mixed are played, complete with over 40 masters, over 55 masters, and junior divisions. All singles events include a guaranteed 2 matches, so that more good fun and competition can be enjoyed by all players. Entry forms are available on the magazine rack by court one approximately one month before the start date.

Lessons

Private, semi-private, and small group lessons are offered by our Head Tennis Professional, Dave Ochotta, along with help from our assistant professionals. Appointments may be made with Dave from the Reception Desk or by dialing direct 905.683.6582 ext. 3235. Further information may be found in the tennis lessons brochure at the reception desk.

Register in person
for these programs

Tennis Pro Shop and Stringing

Our tennis pro shop, "The Pro's Choice", is located across from the net posts on Court 1. You can demo the latest racquets right there during your court hour. Simply make arrangements with Dave Ochotta. Also, a wide variety of tennis accessories and 1 day tennis racquet re-stringing service is available.



905.683.6582
cityofpickering.com/recreation

House Leagues

Our House Leagues run 9 weeks. Registration information and entry forms are found on the tennis benches/magazine rack near Court 1. League size is limited and entries are confirmed on a first come, first serve basis. Watch the bulletin board approximately one month before the league start date. There will be an announcement stating when the entry forms will be available.

League	Day	Times	Sign Up	Start Date
Women's dbls. - A, B	Fri.	9:00 - 10:30 am	Nov. 11	Jan. 6
Women's dbls. - A, B	Fri.	10:30 - 12:00pm	Nov. 11	Jan. 6
Women's dbls. - C	Thu.	1:00 - 3:00 pm	Nov. 11	Jan. 5
Mixed dbls. - A,B	Sun.	6:00 - 7:30 pm	Nov. 11	Jan. 8
Mixed dbls. - A,B	Sun.	7:30 - 9:00 pm	Nov. 11	Jan. 8
Men's dbls. - A,B	Fri.	7:00 - 8:30 pm	Nov. 11	Jan. 6
Men's dbls. - A,B	Fri.	8:30 - 10:00 pm	Nov. 11	Jan. 6

Adult Tennis Classes

Please register at the Pickering Recreation Complex. These classes will teach the fundamentals of forehand, serve, backhand, and volley. Class size will be limited to a small group of 4-6 students per instructor.

BEGINNERS

Day	Time	Start Date
Tuesday	6:00 - 7:00 pm	January 10
Wednesday	12:00 - 1:00 pm	January 11

INTERMEDIATES

Wednesday	1:00 - 2:00 pm	January 11
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BEGINNERS

Tuesday	6:00 - 7:00 pm	February 14
Wednesday	12:00 - 1:00 pm	February 15

INTERMEDIATES

Wednesday	1:00 - 2:00 pm	February 15
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Note: March 13 & 14 (March Break) no class

BEGINNERS

Tuesday	6:00 - 7:00 pm	March 27
Wednesday	12:00 - 1:00 pm	March 28

INTERMEDIATES

Tuesday	7:00 - 8:00 pm	March 27
Wednesday	1:00 - 2:00 pm	March 28

Location: Pickering Recreation Complex
 Fee: \$73.00 (5 weeks - includes hst) Please make cheques payable to "Pickering Tennis"
 Instructor: Complex Tennis Professional
 Instructors will contact participants to confirm registration. Please register at Recreation Complex.

*Please note" March 12, 14 (March Break) no classes.

Novice Doubles Clinics

Please register at the Pickering Recreation Complex. In the first part of the clinic, the tennis pro teaches you how doubles should be played with your partner. The "what and why" of doubles strategies and some technique is taught as well. The final part becomes a league (round robin), in which all can participate. (N.B. You can sign up without having a partner).

Day	Time	Start Date
Thursdays	10:00 - 11:00 am	January 5
Thursdays	10:00 - 11:00 am	February 23

Note: March 14 (March Break) no class

Location: Pickering Recreation Complex
 Fee: \$89.00 (7 weeks - includes hst) Please make cheques payable to "Pickering Tennis"

Saturday Afternoon Youth Clinic

Ages 6-17 years.

This program will enable all participants to learn the basics of forehand, backhand, serve, and volley. More advanced techniques and strategies may be covered if time permits. The 7 week program allows for the playing of games and the establishment of a "network" of tennis friends.

Class	Time	Age	Prerequisite
Beginner I	4:00 - 5:00 pm	6-10 yrs.	Little or no previous experience
Beginner II	5:00 - 6:00 pm	11-16 yrs.	
Award 6	6:00 - 7:00 pm	-	TD Award 5
Award 9+	7:00 - 8:00 pm	-	TD Award 8

Start Date: January 7
 Location: Pickering Recreation Complex
 Fee: \$67.00 (7 weeks - includes hst)
 Cheques payable to "Pickering Tennis" please.
 Instructor: Complex Tennis Professional
 Instructors will contact participants to confirm registration. Please register at Recreation Complex.

Class	Time	Age	Prerequisite
Beginner I	4:00 - 5:00 pm	6-10 yrs.	Little or no previous experience
Beginner II	5:00 - 6:00 pm	11-16 yrs.	
TD Award 6	6:00 - 7:00 pm	-	TD Award 5
TD Award 9+	7:00 - 8:00 pm	-	TD Award 8

Start Date: February 25
 Location: Pickering Recreation Complex
 Fee: \$67.00 (7 weeks - includes hst)
 Cheques payable to "Pickering Tennis" please.
 Instructor: Complex Tennis Professional
 Instructors will contact participants to confirm registration. Please register at Recreation Complex.
 Note: No classes March 10 and 17 (March Break)

Tennis

Tennis Pro Shop and Stringing:

Our tennis pro shop, "The Pro's Choice", is located across from the net posts on Court 1. You can demo the latest racquets right there during your court hour. Simply make arrangements with Dave Ochotta. Also, a wide variety of tennis accessories and one day tennis racquet re-stringing service is available.

PICKERING RECREATION COMPLEX

Racquetball

Racquetball Professional Brian Valin

Brian started playing racquetball in 1975 and is 15 time provincial champion and 2 time Canadian Open champion and has 7 national championships. Former national team coach and was a touring professional for 10 years and was ranked as high as 8th in the world in the early eighties. Brian offers private and group lessons upon request. Contact us for details or to book your racquetball lesson.

Become a Member Racquetball Plus

Enjoy pre-paid court fees, 2 Racquetball/Handball Courts, use of Health Rooms and all general membership Studio Classes, access to a part-time CSRA Racquetball Professional and be eligible for the seasonal weekly round robin and racquetball league.

Pay-as-you-go Rates

Fees per 40 minute court bookings

Prime Time Hours:

Monday to Friday 5 pm - 11 pm
Saturday & Sunday 7 am - 5 pm

Non-Prime Time Hours:

Monday to Friday 6 am - 5 pm
Saturday & Sunday 5 pm - 9 pm

Please contact the front desk for rates
Free use of squash and racquetball equipment is available.

Racquetball Membership

This membership includes the use of membership changerooms with sauna and whirlpool, the Fitness Room, Cardio Annex and swimming during public and adult swim times, plus pre-paid court fees on 2 racquet courts (40 minute bookings).

Group Lessons

Racquetball professional Brian Valin will give group lessons for up to 8 people to learn the aspects of the game and proper rules. Racquets, safety eyewear and balls will be provided.

45-minute sessions \$40.00

Contact the front desk at 905.683.65882 to schedule lessons at your convenience.

Private and Semi-Private Lessons

are available upon request at a cost of \$40.00 for 45 minutes. Set of lesson packages are available at a cost of \$160.00 for a set of 5 lessons.

Beginner Clinics

The clinics are 45 minutes and operate on Saturdays from 10:30 am (prior booking required). Child supervision is available. Come out and learn the game, meet some new friends and have a great time! Clinics include free childcare services. Register online using Click to Reg.

Junior Clinics

Learn the basics of playing racquetball, including rules, techniques, safety and proper court etiquette. Children will have the opportunity to participate in games and matches. Equipment is available for use. Eye guards and non-marking shoes are mandatory. Register online using Click to Reg.

*Rates do not include hst

Members ...get full benefits **NEW**

Membership Changerooms,
Studio Group Fitness
Whirlpool & Sauna, Swimming &
Health Club
Monthly Members Perks & Special Deals
Child Supervision Discounts
Discounted Personal Training & Nutrition
Counselling
Great Renewal Rates

Racquetball league now available. Please see the front desk for details.

Register in person
for these programs

905.683.6582
cityofpickering.com/recreation

Grade 5 Students Pick up your free Action Pass!

Enjoy Free Swimming & Skating

at Pickering Recreation Complex

Proof of address & date of birth required.

Get the details! Call 905.683.6582 ext 3258
cityofpickering.com/recreation

