

Junior and Adult courses

My name is Benoit Vanier, I am the Pro at the Valois Tennis Club. I am dynamic and I love passing on my knowledge and my passion for tennis. I have been teaching tennis for a dozen years. I worked respectively as a coach at the Île-Bizard Tennis Club and as head coach at the Roxboro Tennis Club. In the winter, I teach tennis indoors at Carrefour Multisports in Laval as well as in schools. I have Instructor and Club Professional certifications issued by Tennis Canada.

To obtain information or register for a tennis lesson, contact me.

Benoît Vanier bvanier00@gmail.com - 514 757-5788

Looking forward to meeting you !!

The Valois Tennis Club offers lessons to young people and adults of all levels. Group lessons are actually semi-private lessons (maximum of four players per class). Here is the course schedule for the spring (May-June) and summer (July-August) sessions. Other courses may be added.

SPRING SESSION 2024 JUNIORS (only 4 players per class) May 18 to June 23 (6 weeks)	SPRING SESSION 2024 ADULTS (only 4 players per class) Mai 20 to June 23 (5 weeks)
5-7 year old Saturday 11am to 12pm May 18, 25, June 1, 8, 15, 22	Beginner (2,5 and -) Monday 7.30 to 9pm May 20, 27, June 3, 10, 17
8-10 year old Sunday 11am to 12pm May 19, 26, June 2, 9, 16, 23	Beginner (2,5 and -) Wednesday 11am to 12.30pm May 22, 29, June 5, 12, 19
11-13 year old Saturday 12.30 to 2pm May 18, 25, June 1, 8, 15, 22	Intermediate (2,5 to 3) Wednesday 7.30 to 9pm May 22, 29, June 5, 12, 19
11-13 year old Sunday 12.30 to 2pm May 19, 26, June 2, 9, 16, 23	Advanced (3 and +) Wednesday 6 to 7.30pm May 22, 29, June 5, 12, 19
14-17 year old Saturday 2 to 3.30pm May 18, 25, June 1, 8, 15, 22	Women Intermediate-advanced (2,5 and +) Double training and match (Schedule to plan)
14-17 year old Sunday 2 to 3.30pm May 19, 26, June 2, 9, 16, 23	

SUMMER SESSION 2024 JUNIORS (only 4 players per class) July 15 to August 18 août (5 weeks)	SUMMER SESSION 2024 ADULTS (only 4 players per class) July 15 to August 18 (5 weeks)
5-7 year old Tuesday and Thursday 12.30 to 1.30pm July 16, 18, 23, 25, 30 August 1, 6, 8, 13, 15	Beginner (2,5 and -) Monday 7.30 to 9pm July 15, 22, 29, August 5, 12
8-10 year old Monday and Wednesday 12 to 1pm July 15, 17, 22, 24, 29, 31, August 5, 7, 12, 14	Intermediate (2,5 to 3) Wednesday 11am to 12.30pm July 17, 24, 31, August 7, 14
8-10 year old Tuesday and Thursday 1.30 to 2.30pm July 16, 18, 23, 25, 30 August 1, 6, 8, 13, 15	Intermediate (2,5 to 3) Wednesday 7.30 to 9pm July 15, 17, 22, 24, 29, 31, August 5, 7, 12, 14
11-13 year old Monday and Wednesday 1 to 2.30pm July 15, 17, 22, 24, 29, 31, August 5, 7, 12, 14	Advanced (3,0 and +) Wednesday 6 to 7.30pm July 15, 17, 22, 24, 29, 31, August 5, 7, 12, 14
11-13 year old Tuesday and Thursday 2.30 to 4pm 12.30 to 1.30pm July 16, 18, 23, 25, 30 August 1, 6, 8, 13, 15	Women Intermediate-advanced (2,5 and +) Double training and match (Schedule to plan)
14-17 year old Monday and Wednesday 2.30 to 4pm July 15, 17, 22, 24, 29, 31, August 5, 7, 12, 14	

*The schedule for the fall session will be available later.

IMPORTANT INFORMATION:

Lesson fees are separate from membership fees and are reserved for VTC members (all students must be members of the Valois Tennis Club). Season from May to October.

Junior individual membership: \$100 / child

Individual adult membership: \$250 / adult

Family membership: \$450

[MEMBERSHIP APPLICATION](#)

For juniors, You must also complete the registration form [JUNIOR COURSE REGISTRATION](#)

JUNIOR COURSE REGISTRATION FORM

A lesson missed due to rain or other reasons will be postponed to a later date decided by the coach. The coach will notify you if a course is postponed. Otherwise there will be a lesson. In the event of rain and Club closures, you will receive a cancellation telephone call or email. Classes

To ensure accelerated progress:

- Private or semi-private lessons (1 to 4 students maximum);
- Follow-up on Tennis Canada recommendations;
- Use of equipment adapted for young people (ball, racket, court size);
- Learning in the form of a game;
- Set objectives to achieve;
- Hit a lot of balls (volume).

Note that clay is the best playing surface to improve your technique (slower play) and to avoid injuries (softer surface for your joints).

You want a private lesson or a tailor-made lesson for a group of friends or your family, no problem, we will create the activity that will meet your needs!

For information and registration for tennis lessons: bvanier00@gmail.com - 514 757-5788