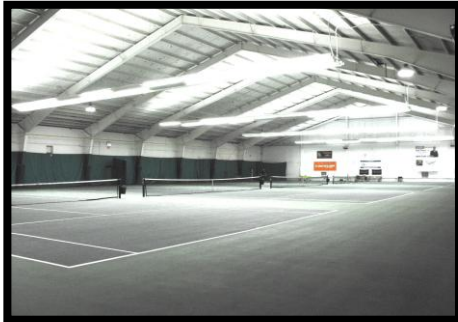


Some of our Services Include:

- 70,000 sq. ft. facility
- 4 Indoor Tennis Courts
- 5 Squash Courts
- Licensed Courtside Café
- Licensed Bar
- Eucalyptus Steam Rooms
- Towel Service
- Day Care
- 15 New Spin Bikes
- Personal Training
- Biggest Loser Competition
- Cardio and Aerobics Classes
- And much more!



APPLICATION FORM

Name: _____ Birth Date: _____ Email: _____

Address: _____ Postal Code: _____ Phone Number: _____

Beginner / Intermediate Lessons

Sat 10:30 11:30 Session 1 2 3

Fri 4:30 5:30 6:30 Session 1 2 3

Sun 1:30 2:30 Session 1 2 3

Advanced Academy

Mon Wed Sun Session 1 2

Amount Paid: _____ Invoice #: _____ Signature of Parent or Guardian: _____

Waiver: I do not hold BFCR or employees of BFCR responsible for any injuries while training in this program.

Visa Cheque Debit M/C (Member only) On Account



Tennis Junior Development Programs Summer 2010

Burlington Fitness & Racquet Club
1233 Dillon Road, Burl, Ont
L7M 1K6
905-335-3597

Beginner-Intermediate Lessons

The beginner and intermediate lessons give your child an introduction to a sport that they can carry with them for a lifetime. Our 6 week program is designed with structured fun, to give every child a basic understanding of the game of tennis. A maximum ratio of 6 children to each instructor will enable each participant to be introduced to the basics of each stroke, given an understanding of the rules and scoring while stressing good sportsmanship. This is accomplished by pro fed drills and entertaining instructional games.

DATES

	Session 1	Session 2
Fri	June 25 th to July 30 th	Aug 6 th to Sept 10 th
Sat	June 12 th to July 17 th	July 24 th to Aug 28 th
Sun	June 20 th to July 25 th	Aug 1 st to Sept 5 th

TIMES

Saturdays

Time	Ages	Level
10:30-11:30am	6-8	Beginner
11:30-12:30pm	7-9	Intermediate

Fridays

Time	Ages	Level
4:30-5:30pm	6-8	Beginner
5:30-6:30pm	8-10	Beginner
6:30-7:30pm	10-14	Beginner

Sundays

Time	Ages	Level
1:30-2:30pm	10-14	Intermediate
2:30-3:30pm	7-9	Intermediate

Cost \$105 + GST = **\$110.25 per session**

About The Pros

Chris Townley, Gabriel Radulescu and Mischa Mackesy are the Tennis Pros coaching the Junior Tennis Clinics. All pros have coached at the junior level for over 20 years. The program will focus on teaching technically sound strokes and at the same time enjoy the sport of a lifetime!

Chris has developed Junior Programs and over the past 20 years has coached students from tiny tot level to the nationally ranked junior level.

Gabriel worked with many top junior players at a National Level, including Andre Radulescu, who was National Champion under 18 and reached the ranking of number one in Canada, Gabriel coaches the Junior High Performance Program.

Mischa Mackesy; There isn't a sport that Mischa has not coached at least once in his life. Tennis however, is his passion and where his dedication lies. For 18 years, he has been turning beginners of all ages into competitive players in recreational and tournament settings as well as college scholarships. He is a certified tennis professional with the Professional Tennis Registry as well as a certified Club Pro 2 with Tennis Canada.

The introductory program is oriented towards recreational players who want to acquire the tools necessary to successfully learn to play the game of tennis.

The advanced Academy will provide students with feedback on acquired technical and tactical concepts while having the opportunity to play in a competitive environment.

Should you require additional information or have any questions regarding the Junior Program, please contact: Chris Townley at 905-335-3597, Ext.34

Advanced Academy

The Advanced Academy is specially designed for juniors who have been involved in structured tennis programs for a minimum of 2 years and are beginning to use their own skills to rally together without needing balls fed by an instructor. However, pro fed drills are used in this program to ensure that the fundamentals do not break down and to enable situations to be created to help give the players some understanding of the strategy of the game of singles and doubles. Players in this program should be playing a minimum of twice a week and be preparing to experiment with O.T.A. junior tournaments. They should also be working towards acceptance in the High Performance Group. This is a 9 week program.



DATES

Session 1	
Mon Level 1	June 21 st to Aug 16 th
Wed Level 2	June 9 th to Aug 4 th
Sun Level 3	June 20 th to Aug 15 th

TIMES

Day	Times	Level
Mon	4:30-6:30pm	1
Wed	4:30-6:30pm	2
Sun	3:30-5:30pm	3

Pros: to be announced

Cost \$316 + GST = **\$331.80 per session**