

## **“The sport for a lifetime”**

Some of the top reason to play tennis (adapted from Jack Groppe, Ph. D.)

### **Tennis helps your:**

- ◊ Aerobic and anaerobic fitness
- ◊ Ability to accelerate
- ◊ Speed
- ◊ Leg strength
- ◊ General body coordination
- ◊ Gross and fine motor control
- ◊ Agility
- ◊ Dynamic balance
- ◊ Eye-hand coordination
- ◊ Flexibility

### **Tennis helps you:**

- ◊ Develop discipline
- ◊ Learn to compete one-on-one
- ◊ Accept responsibility
- ◊ Manage adversity
- ◊ Learn to solve problems
- ◊ Learn sportsmanship
- ◊ Learn to win graciously and lose with honour
- ◊ Have FUN!



Future stars from the 2010 summer Tennis Fun program

**Many thanks to the supporters of our programs!**



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## **Tennis Fun**

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**Cambridge's  
premier summer  
youth tennis  
program**



# **2011**

**Visit  
us at:**

**[www.cambridgetennisclub.org](http://www.cambridgetennisclub.org)**

# Fun, Friends and Fitness!

*Tennis Fun* has been the name behind the Cambridge Tennis Club's summer youth programs since 2000.



The winner and finalist of a recent tournament proudly display their hardware.

Our mission is to promote the sport of tennis in Cambridge, giving opportunities for growth at all levels of play. We deliver a high-paced, developmental program to children aged 4-16 by providing a fun experience as they learn to play.

In keeping with international tennis instructional practices, we follow a progressive tennis teaching model whereby our participants play on modified court sizes using various ball types (foam, low-compression and regular) and racket sizes based on their age and ability.

Our head coaches are all Tennis Canada certified and members of the Tennis Professionals Association. Furthermore, we continually strive to learn more about the delivery of tennis instruction by regularly taking part in professional development and recertification seminars.

In order to encourage the development of future coaches and leaders, we have also selectively hired junior coaches\* to assist with our programming and expose them to the world of coaching.

Since its inception, *Tennis Fun* has been able to maintain a well-priced program to fit every family's budget thanks to the support of the Cambridge Tennis Club and several local sponsors.

\*Please contact Marc directly if your child is interested in volunteering/working as a junior coach

## Program information

Throughout the summer of 2011, *Tennis Fun* is once again pleased to offer two four-week sessions. This year, **the July session will run from the 4th to the 29th; the August session begins on the 3rd and runs until the 26th.** Students will attend each Monday, Wednesday and Friday at the times listed on the registration form. T-shirts, visors and medals are provided to each *Timbits Tennis* player courtesy of *Tim Hortons*.

On the last day of each session, the kids will take part in a games day/tournament featuring a variety of prizes for every participant.

## Registration

Registrations will take place on-site or by mail.

The clubhouse at the Cambridge Tennis Club will be open to the public on Saturday, April 30th from 9:00 a.m. until 2:00 p.m. for general memberships and *Tennis Fun* registrations.

New this year...\$5 from every full *Tennis Fun* registration will be donated to the YMCA Strong Kids program.

Pre-registration information will go out to all previous years' participants first. By accessing [www.cambridgetennisclub.org](http://www.cambridgetennisclub.org), you can also print off the 2011 brochure and send it to *Tennis Fun*.

There is no cut-off date. However, spaces are limited to 18 for each *Timbits Tennis* session and 24 for the Level 1/2 and Teen Tennis sessions.



The *Tennis Fun* program operates primarily out of the Cambridge Tennis Club, located at Soper Park.

Junior and adult HEAD racquets will be available for purchase on registration day and throughout the season.

## Registration Form

Child's name: _____	Time	Price/session
<input type="checkbox"/> Timbits Tennis (ages 4-7)	9:00-10:00	\$70.00
<input type="checkbox"/> Level 1 Juniors (ages 7-10)	10:00-11:30	\$95.00
<input type="checkbox"/> Level 2 Juniors (ages 10-13)	11:30-1:00	\$95.00
<input type="checkbox"/> Teen Tennis (ages 13-16)	1:00-2:30	\$95.00
<input type="checkbox"/> July session		
<input type="checkbox"/> August session		

Total: \_\_\_\_\_

Parent/guardian's name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Method of Payment

- Cheque # \_\_\_\_\_
- Cash
- Receipt issued

On occasion, photos of the children will be taken and posted in the clubhouse or on the tennis club's web site. Please notify Marc in writing should you have any concerns with this practice for your child(ren).

I, the undersigned, hereby release and indemnify the Cambridge Tennis Club, *Tennis Fun*, and all of its instructors and other members from any claims resulting from an accident, loss or injury, however arising, sustained by the child(ren) registered.

Signature \_\_\_\_\_

Date \_\_\_\_\_