

"The sport for a lifetime"

Some of the top reason to play tennis (adapted from Jack Groppel, 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!



Young tennis enthusiasts can join the *Timbits Tennis* group catering to boys and girls aged four to seven.

Many thanks to the supporters of our programs!



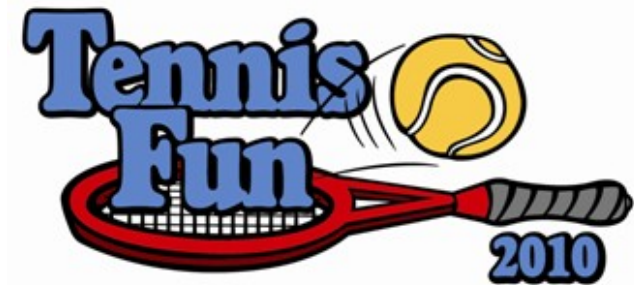
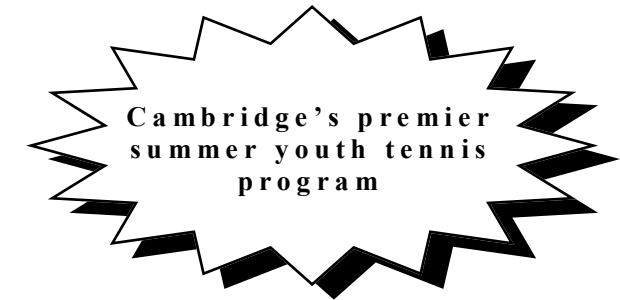
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Visit us
at:

www.cambridgetennisclub.org

A CHILD-CENTRED PHILOSOPHY



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

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

Our mission is to promote tennis in Cambridge, giving opportunities for growth at all levels of play. We deliver a personal, high energy, game-filled, interactive program for the children to have a fun experience as they learn to play tennis.

In keeping with international tennis instructional research and trends, we follow a progressive tennis teaching model whereby players use modified court sizes, ball types (foam, low-compression and regular), and racquet sizes based on their ages and abilities.

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 reasonably-priced program to fit every family's budget thanks to the support of several local sponsors.

Program information

Throughout the summer of 2010, *Tennis Fun* is pleased to offer two four-week sessions. This year, the July session will run from the 5th to the 30th; the August session begins on the 4th and runs until the 27th. 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*. The first 50 kids to sign up for the level 1/2 and Teen Tennis sessions will also receive a free *Tennis Fun* t-shirt.

On the last day of each session, the kids 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 24th** from 9:00 a.m. until 1:00 p.m. for general memberships and *Tennis Fun* registrations.

Pre-registration information will go out to all previous years' participants first. By accessing our website at www.cambridgetennisclub.org, you can also print off the 2010 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.

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



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

Registration Form

Sign up for:	Time	Price/Session
<input type="checkbox"/> Timbits Tennis	9:00-10:00	\$65.00
<input type="checkbox"/> Level 1 Juniors	10:00-11:30	\$90.00
<input type="checkbox"/> Level 2 Juniors	11:30-1:00	\$90.00
<input type="checkbox"/> Teen Tennis	1:00-2:30	\$90.00

- July session
 August session

Total: _____

Parent'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 _____