

TENNIS IS EASY AND FUN...

IF YOU SERVE, RALLY, SCORE FROM THE FIRST LESSON



It is important that from the first lesson the coach sets up activities and practices that are both active and fun and which ensure players get a taste for what is great about tennis: serving, rallying, scoring. In most cases this will involve coaches introducing tennis using one of the slower red, orange and green balls on a reduced court, and with smaller racquets for young children.

RED, ORANGE & GREEN BALLS

STAGE 3 RED

Ideal for Mini Tennis.

- Sponge and low compression balls used on a 11m (36ft) court
- Recommended racquet size: 41-58cm (16-23in)
- Starter children aged 5 to 8 and adult introduction

STAGE 2 ORANGE

50% slower and ideal for starter players of all ages.

- Low compression balls for starter players of all ages, used on an 18m (60ft) court
- Recommended racquet size: 58-63cm (23-25in)
- Starter adults and children ages 7 and above

STAGE 1 GREEN

25% slower and ideal for an introduction to the full court.

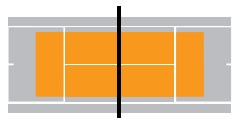
- Low compression balls for starter players of all ages, used on a full sized court
- Recommended racquet size: 63-68cm (25-27in)
- Starter adults and children ages 9 and above

RED, ORANGE & GREEN COURT SIZES



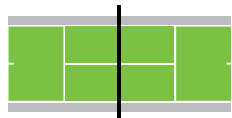
RED

- Court length 11m (36ft)
- Court width 5.6m (18-19ft)
- Net height 80cm (31.5in)
- With red ball



ORANGE

- Court length 18m (60ft)
- Court width 6.5-8.23m (21-27ft)
- Net height 80-91cm (31.5-36in)
- With orange ball



GREEN

- Full court
- With green or normal ball

JUNIOR TEEN TRAINING & MATCH PLAY

Monday to Friday 12:00 - 4:00 pm

Geared for players aged 12-17 who need work on their technical and tactical skills. This program is a great way for teens to meet other recreational players, hone their tennis skills with functional training off-court and challenging drills on court.

Daily singles and doubles play with other participants helps prepare players for high school teams and entry level OTA tournaments.

All players will receive video analysis assessments, match charting and personal reviews.

Cost: \$299 Non-Member (per week)
 \$275 Member (per week)
 \$225 with a summer Play Pass
 (Please add 5% GST to all prices)

Junior Teen Training Session Dates:

- June 21, 28
- July 5, July 12, July 19
- July 26, August 2* (4 Day)
- August 9, 16, 23, 30

(Camps will be running on July 1st)



JUNIOR TENNIS CAMPS

All Camps Include: Camp band, Group Photo, Olympic Team Day (Friday), Prizes and Awards, Camp Certificate, Formal Skills Assessment, Lunch on Friday and Tuck Shop during camp week, other sport specific skills will be developed to enhance our primary focus sport, tennis!

PEE WEE MORNING CAMPS

Monday to Friday, 9:00 - 12:00 pm

Our camps are designed specifically for kid's aged 4-7, and are a great way to develop eye-hand, eye-foot coordination, spatial awareness, and co-operation with others. We use special mini tennis racquets that are lighter and easier for children to maneuver, and low-density foam balls, which have a slower bounce and speed. Combined with lower nets, learning tennis at ORC is a breeze!

Half Day: \$275 Non/Member (per week)
 \$250 Member (per week)
 \$200 with a summer playpass

JUNIOR 1/2 DAY CAMP

Monday to Friday, 9:00 - 12:00 pm

This program is for children aged 7-13 and will focus on tennis as the main sport. Campers will develop the five ball controls of height, distance, direction, speed and spin, with a focus on fundamental stroke technique. Specific functional sport skills from soccer, basketball and squash may be used during the week to enhance skills.

Half Day: \$275 Non/Member (per week)
 \$250 Member (per week)
 \$200 with a summer playpass



JUNIOR FULL DAY CAMP

Monday to Friday, 9:00 - 4:30 pm

This is our most popular camp as it caters to the same age group as the 1/2 day camp but adds swimming and more match play in the afternoon. Participants are supervised throughout the lunch and swim break (lifeguards) and develop all the same skills as the morning camp but then get to try out their newly acquired skills in match play situations and games. Team tennis and social skills are enhanced throughout the week.

Full Day: \$350 Non/Member (per week)
 \$325 Member (per week)
 \$260 with a summer playpass

4 Day Full Day: \$280 Non/Member (per week)
 \$260 Member (per week)
 \$205 with a summer playpass

4 Day Half Day: \$220 Non/Member (per week)
 \$200 Member (per week)
 \$160 with a summer playpass

Junior Tennis Camp Session Dates:

- June 14, June 21, June 28
- July 5, July 12, July 19
- July 26, August 2*, August 9 (*4 Day Camp)
- August 16, August 23, 30

(Camps will be running on July 1st)



A 10% discount is offered when campers register the same child for three or more camps.

REGISTRATION FORM

Name _____

Address _____

City _____ Postal Code _____

Telephone Work/Home _____

E-Mail Address _____

Gender: Male Female Date of Birth _____

Health Card Number _____

Allergies _____

Emergency Contact _____

Please enroll me for the following session(s):

Pee Wee 1/2 Day Camp Dates _____

Junior 1/2 Day Camp Dates _____

Junior Day Camp Dates _____

Junior Teen Camp Dates _____

Payment Method - Member # _____

Credit Card Cheque Chit Debit

Card Number _____ Expiry Date _____

Signature _____

Session Dates _____

I/we, the undersigned, have read and agree to the terms and conditions of this brochure (for under 18 only)

Name of Guardian _____

Signature of Guardian _____

Cancellation: Cancellations must be requested one week prior to the first day of the session for a refund and will be subject to a \$20.00 administration fee. No other refunds will be given unless accompanied by a medical certificate. ORC reserves the right to cancel any session for whatever reason. In each case, a full refund will be given.

Release, Warranty and Indemnity: In consideration of the acceptance of the application for enrolment of the participant named below ("Participant") in the ORC Program identified below ("ORC Program"), I for myself and (if applicable) on behalf of the Participant (if the Participant is a minor) and our respective heirs, executors, administrators and assigns, hereby RELEASE, WAIVE AND FOREVER DISCHARGE ORC Management Limited and its agents, servants, contractors, representatives, successors and assigns ("Releasees") of and from all claims, demands, damages, costs, expenses, actions and causes of actions, whether in law or equity, in respect of death, injury, loss or damage to my person or property or to the Participant howsoever caused, arising or to arise by reason of the participation of the Participant in the ORC Program, whether as spectator, participant, competitor or otherwise and whether prior to, during or subsequent to any classes in respect thereof and notwithstanding that same may have been contributed to or occasioned by the negligence of any of the aforesaid. I further undertake to hold and save harmless and agree to indemnify the Releasees from and against any and all liability incurred by any or all of them arising as a result of or in any way connected to the participation of the Participant in the ORC Program.

I warrant that the Participant is physically fit to participate in the ORC Program.

Signature Required: _____

I acknowledge having read, understood and agree to the above Release, Warranty and Indemnity

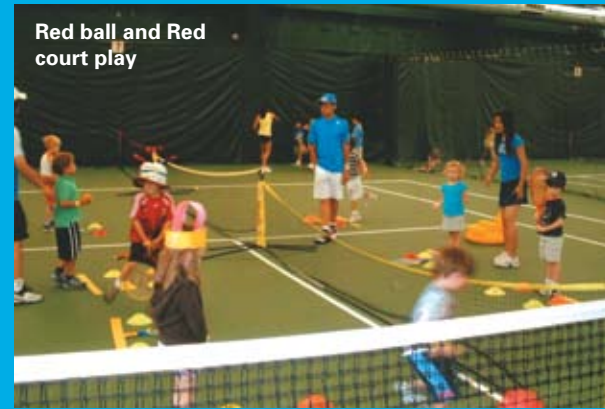
www.ontarioracquetclub.com



Group Olympic Day



Crazy hat and Dress up day



Red ball and Red court play

FUN, FIT, HEALTHY LIFESTYLE FOR THE WHOLE FAMILY

Entering our 35th year of service, the ORC has become one of Canada's finest Health, Racquet, and Fitness clubs. Our summer camps have provided over 15,000 kids a fun, safe, healthy and innovative tennis experience for players of all levels.

Fight Childhood Obesity - Children who are physically active are 5 to 6 times more likely to be physically active when they get older. Low to moderate daily exercise combined with a nutritious diet is the foundation for a long and healthy lifestyle. ORC is the perfect mix with weekly or yearly youth programs and we now offer nutritious lunches for kid's camps.

Tax Receipts - All full day camps are eligible for child care tax receipts for families who have both parents at work. Tax receipts will be issued after the camp has been completed and must be requested by the parent from accounting.

\$500 Child Fitness Tax Credit - The Federal Government has passed a bill allowing up to \$500 per child tax credit for children up to the age of 16 who are involved in regular fitness activity. Family memberships (child portion) or individual teen memberships are all eligible as well. Get involved, get active, and get more information by contacting our membership department at extension 228.

JM SPORTS DISCOUNT
The Pro Shop at ORC carries a full line of racquets and clothing for all ages and sizes. Camp participants will receive a special 10% off all racquets, clothing, and accessories from April 1st to July 30th, 2010.

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Ontario Racquet Club

ORC JUNIOR TENNIS CAMPS

SUMMER 2010

