

## PARTICIPANTS WILL LEARN

- Play tennis using a variety of basic strokes and strategies.
- Apply footwork and fitness principles specific to the game.
- Develop fundamental movement skills.
- Form relationships with fellow tennis enthusiasts.

## RAW TENNIS PROVIDES

- Racquets
- Balls
- Portable Nets
- Targets & Training Aids
- Instructor(s)

## PARTICIPANTS MUST BRING

- Court or Running Shoes
- Water Bottle & Snack
- "Gym" Clothes (Shorts, T-Shirt, etc...)
- Sun Protection (Lotion, Hat, Glasses)



**DRINK LOTS OF WATER!**

Cut out our business card!

Register online at: [www.rawtennis.org](http://www.rawtennis.org)



## EAST FERRIS - CORBEIL

### Summer Guide - Junior Teams



## RAW TENNIS

**Raw Tennis** at the new and improved Corbeil Courts is the best way to get started into Tennis and potentially a new leisure activity that is:

- ✔ Fun
- ✔ Healthy
- ✔ Active
- ✔ Inexpensive
- ✔ Easy to play!

**Raw Tennis** is equipped with all the necessary items required to engage adults and juniors alike regardless of current ability, experience, or motive.

People who play tennis are rewarded whether they play for competition, recreation, socialization or exercise!

### Improved:

- ✔ Physical fitness
- ✔ Immune system function (health)
- ✔ Bone & muscle strength
- ✔ Speed & agility
- ✔ Coordination
- ✔ Sportsmanship & social skills
- ✔ Strategizing & problem solving
- ✔ Stress management
- ✔ Self-esteem
- ✔ Etc...

## SCHEDULE

**Teams** will follow the progressive tennis model adopted by Tennis Canada as it is the leading instructional approach worldwide.

The sport is therefore adapted to each age group by using modified racquets, balls, nets and courts appropriate to the size of the child.

Teamwork and improved play will be the focus of all sessions as developed by our Tennis Canada certified instructors.



**Mondays & Wednesdays**  
**July 18<sup>th</sup> – August 29<sup>th</sup>**  
**\*Excluding Aug 1<sup>st</sup>**

**Age 8-11: 6pm – 730pm**  
**Age 12-15: 730pm – 9pm**

**Only \$100!!!**

t-shirt included  
tournament play available

## OTHER NEWS & INFO

**West Ferris Courts**  
Adult & Junior Lessons



[www.westferris.rawtennis.org](http://www.westferris.rawtennis.org)

**Callander Courts**  
Adult Lessons



[www.callander.rawtennis.org](http://www.callander.rawtennis.org)

**North Bay Tennis Centre**  
Lessons, Leagues & Events  
Adults, Juniors & Players of all Abilities!

[www.tennisnorthbay.com](http://www.tennisnorthbay.com)

### Buy Your Own Street Tennis Kit Today!

12 ft. net, 2 racquets & 2 balls.....\$160

18 ft. net, 4 racquets & 3 balls.....\$180

[www.streettennis.rawtennis.org](http://www.streettennis.rawtennis.org)

