

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!

RAW TENNIS

**BOBBY RAY
ROB SHAW**

CLUB PRO 1 CERTIFIED

705.476.6688

North Bay Tennis Centre
2624 Trout Lake Road
info@rawtennis.org
www.rawtennis.org

● **TEAMS**

● **CLINICS**

● **CAMPS**

● **PRIVATES**

● **GROUPS**

5+ YEARS INSTRUCTING
10+ YEARS EXPERIENCE

Pleased to **SERVE** North Bay & Area

Register online at: www.rawtennis.org

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WEST FERRIS COURTS



INTRO LESSONS

Introductory Group Lessons at the West Ferris 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...

JUNIOR

Junior Introductory Group Lessons 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 under 12 years by using modified racquets, balls, nets and courts appropriate to the size of the child.

Our **Street Tennis** activities are most popular with elementary school aged children because it's **fun and easy right from the start!**



Raw Tennis Social
Thursday June 2nd - Free

Package: (4) 1hr. Lessons
Thursdays: 5pm (age 8-11)
6pm (age 12-15)

Begins June 9th, Only \$40!

ADULT

Adult Introductory Group Lessons are for new or beginning level tennis players who are looking to learn some fundamental skills, strategies and game play rules.

Men and women (age 16+) will benefit tremendously from only 4 lessons delivered by a Club Pro 1 certified instructor (Tennis Canada).



Raw Tennis Social
Thursday June 2nd - Free

Package: (6) 1hr. Lessons
Thursdays: 7pm (max 8 people)
8pm (overflow)

Begins June 9th, Only \$40!