

## 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!

**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](http://www.rawtennis.org)



## WEST FERRIS COURTS

### Summer Guide Adult Lessons & Junior Teams



## RAW TENNIS

**Raw Tennis** 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...

## SCHEDULE

**Team Tennis** 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.

**Tuesdays & Thursdays  
July 19 – August 25**

**Age 12-17: 4pm – 530pm  
Age 08-11: 6pm – 730pm**

**Only \$100!!!**  
t-shirt included  
tournament play available

**Adult Lessons** are for new or beginning level tennis players who have always wanted to learn tennis!

**Thursdays  
July 21 – August 25**

**Age 16+: 730pm – 9pm**

**ONLY \$50!!!**

## OTHER NEWS & INFO

**East Ferris – Corbeil Courts**  
Junior Teams



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

