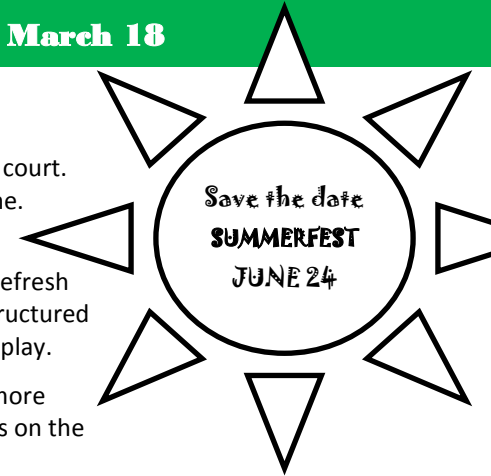




Park96 Adult Spring & Summer Programs

Registration begins March 18



ADULT TENNIS LESSONS

Don't let nerves or reservations about your skills hold you back from finding your place on the tennis court. Proper, non-marking court shoes are highly recommended because tennis is a lateral movement game. Running shoes don't provide this type of support.

Adult Tennis 1 - For people who have never picked up a racket but want to try tennis or want to refresh beginner skills. Pick up techniques that are essential to progressing as a tennis player. Lessons are structured progressively and geared for the individual. Learn proper strokes and swings needed for consistent play.

Adult Tennis 2 - For those who have completed Adult Tennis 1, want to improve skills, and learn more about the intricacies of the game. All players must have some tennis experience and the coach builds on the fundamentals of Adult Tennis 1.

Adult Tennis 3—For those looking for more competitive environment, able to serve, understand the game, and want to learn strategy and improve all levels of tennis. The coach emphasizes coordination tactics with skills in order to reach higher levels of play.

It's a Party on the Court! CARDIO

Cardio Tennis is a fun group activity for anyone at any playing level looking for a fun way to burn calories and interact with others outside of the gym. Cardio Tennis is a high energy fitness that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Most women can burn 300-500 calories per hour and men can burn between 500-1000, getting a great workout but also learning skills and training for tennis.

Cardio Tennis 1—For people who have never picked up a racket but want more cardio in your life. This class stresses Cardio plus learn basic tennis skills.

Cardio Tennis 2—This is a faster paced cardio work out with tennis skills incorporated into the class.

Session 1 starts the week of May 1 (there is a class the May long weekend)						
TENNIS LEVEL	Day	Date	Time	# weeks	Member	Non Member
Cardio Tennis 1	Mondays	May 1 to June 5	7:00pm-8:00pm	6	\$85	\$100
Cardio Tennis 2	Mondays	May 1 to June 5	8:00pm-9:00pm	6	\$85	\$100
Adult Tennis 1	Tuesdays	May 2 to June 6	9:00am-10:30am	6	\$155	\$180
Adult Tennis 2	Tuesdays	May 2 to June 6	10:30am-12:00pm	6	\$155	\$180
Adult Tennis 2	Tuesdays	May 2 to June 6	7:00pm—8:30pm	6	\$155	\$180
Adult Tennis 3	Thursdays	May 4 to June 8	7:00pm-8:30pm	6	\$155	\$180
Session 2 starts the week of June 12						
Cardio Tennis - all levels	Mondays	June 12 to August 14	8:00pm-9:00pm	10	\$130	\$145
Adult Tennis 1	Mondays	Jun 12 to July 18	7:00pm-8:00pm	6	\$85	\$180

Summer Cardio - 10 weeks for the price of 9

TENNIS BALL MACHINE

Park96 owns a ball machine for members to practice their skills. Join our Tennis Champion for a mandatory tutorial and kick your tennis season into high gear. \$40 for the entire season.



Registration forms are online www.park96.com or in the office



Parkland Community Centre / Park 96
14660 Parkland Blvd SE, Calgary, AB T2J 6L5

Bus: 403-271-7516

Fax: 403-271-3166

Email: park96@telus.net

Web: www.park96.com

ADULT TENNIS LESSONS

Please Print Clearly – All Fields Must Be Completed – One Registrant per Form

Registrant's Name			
Registrant's Address:			
Postal Code:		DOB (MM/DD/YY)	
Res Phone:		Alternate Phone:	
Medical Conditions: please indicate any serious illness, allergy, behavioral problem or disability that we should be aware:			
Emergency Contact		Emergency Phone #'s:	

SCHEDULE OF 2017 LESSONS (including lessons on the May long weekend)

Session 1 starts the week of May 1 (there is a class the May long weekend)							
TENNIS LEVEL	Day	Date	Time	# weeks	Member	Non Member	Selection
Cardio Tennis 1	Mondays	May 1 to June 5	7:00pm-8:00pm	6	\$85	\$100	<input type="checkbox"/>
Cardio Tennis 2	Mondays	May 1 to June 5	8:00pm-9:00pm	6	\$85	\$100	<input type="checkbox"/>
Adult Tennis 1	Tuesdays	May 2 to June 6	9:00am-10:30am	6	\$155	\$180	<input type="checkbox"/>
Adult Tennis 2	Tuesdays	May 2 to June 6	10:30am-12:00pm	6	\$155	\$180	<input type="checkbox"/>
Adult Tennis 2	Tuesdays	May 2 to June 6	7:00pm-8:30pm	6	\$155	\$180	<input type="checkbox"/>
Adult Tennis 3	Thursdays	May 4 to June 8	7:00pm-8:30pm	6	\$155	\$180	<input type="checkbox"/>
Session 2 starts the week of June 12							
Cardio Tennis - all levels	Mondays	June 12 to August 14	8:00pm-9:00pm	10	\$130	\$145	<input type="checkbox"/>
Adult Tennis 1	Mondays	Jun 12 to July 18	7:00pm-8:00pm	6	\$85	\$180	<input type="checkbox"/>
All prices include GST						Total Owed	\$

Forms of payment accepted: Direct Debit, Cheque, Visa or MasterCard. Make Cheques payable to "Parkland Community Centre". There will be a \$25.00 + GST administration fee for NSF Cheques. This registration is "Not Confirmed" until signed registration form is returned and payments are received by the Park96 Office.

Cancellation / Refund Policy

Written notice is required on all cancellations. All cancellations prior to commencement of lessons will result in a 50% cancellation refund rate (including taxes). Refunds will not be processed once class has commenced. No refunds will be issued to participants who miss a class of their own accord. If it is necessary to re-schedule a class due to unforeseen circumstances such as inclement weather, or other necessary reason, the class will be made up at a later date, such to be determined by the Universal Tennis instructor.

Authorization and Release of Liability

I am aware that it is a condition of participation in any recreational activity or program provided by or on behalf of Parkland Community Centre Ltd., its directors, agents, contractors, or employees, that the participant does so voluntarily and at his or her own sole risk and Parkland Community Centre Ltd. is not liable for any loss, damage, injury or ambulance service resulting from or in connection with such participation. By signing this form below and submitting same to Parkland Community Centre Ltd., I accept the terms and conditions stated herein.

Signature

Date