

# Program Guide

# Summer

# 2009

## Table of Contents



Badminton Programs ..... 2



Fitness Programs..... 5



Swimming Programs..... 10



Squash Programs..... 15



Tennis Programs ..... 17



Children & Youth ..... 23

Look for the above symbols to use as a quick reference  
for your favourite programs.

# Badminton

**Head Professional:** **Ram Nayyar**, B.A., Ch.P.C.,  
Level 5 NCCP Certified Coach

**Assistants:** **Kiran Kumar** NCCP Level 2  
Coach, Canadian Colleges Champion

**Phil Weier** NCCP Level 3 Coach

**Robbyn Hermitage** Member of  
Canadian Olympic Team 2000,  
10 times Canadian National  
Champion Ladies Doubles and Mixed Doubles

**Bosco Kwok** NCCP Level 1 Coach



Please register for Badminton programs in the Sport Shop.

## BADMINTON JUNIOR CAMPS



This program is a great way to keep your kids busy this summer and provide them with a fun, recreational activity. The **Badminton Kids Camp** is an all Badminton program for Juniors between **6 and 16** years of age. One of the features of this program is that your child can come in the *mornings or afternoons or all day long*, whatever suits your needs best. This program can augment the regularly scheduled *Skills Award Classes* or serve as an alternative.

**Morning Camp** 9:00 – 11:30am      **CAMP FEES:** \$119.00 week

**Afternoon Camp** 2:00 – 4:30pm      **CAMP FEES:** \$119.00 week

**All Day:**      **CAMP FEES:** \$199.00 week

## ABC'S & Badminton Junior Camp Schedule

**CAMP #1** July 6th to 10th

**CAMP #2** July 13th to 17th

**CAMP #3** July 20th to July 24th

**CAMP #4** July 27th to July 31st

Please note a minimum number is required for each camp to be run as scheduled. All attendees will be notified the Thursday prior to the week of camp if the camp will be a 'go'.



## COACHING

Private, semi-private and group coaching is available by request. Please contact the Badminton office at 604.731.2191 to arrange a convenient time.

### 2009 Coaching Fees

#### Ram Nayyar:

Single Private:		
\$40.00 per 1/2 hour	\$70.00 per 1 hour	\$105.00 per 1 1/2 hours
Semi Private:		
2 people	\$40.00 each per 1 hour	\$60.00 each per 1 1/2 hrs
Semi Private:		
3 people	\$30.00 each per 1 hour	\$45.00 each per 1 1/2 hrs
Semi Private:		
4 people	\$24.00 each per 1 hour	\$36.00 each per 1 1/2 hrs

#### Club Professionals-Robyyn Hermitage,Kiran Kumar,Phil Weier, Bosco Kwok

Single Private:		
\$35.00 per 1/2 hour	\$60.00 per 1 hour	\$90.00 per 1 1/2 hours
Semi Private:		
2 people	\$35.00 each per 1 hour	\$50.00 each per 1 1/2 hrs
Semi Private:		
3 people	\$24.00 each per 1 hour	\$36.00 each per 1 1/2 hrs
Semi Private:		
4 people	\$20.00 each per 1 hour	\$30.00 each per 1 1/2 hrs

24 hours notice of cancellation or fees will apply

## **COMPETITIVE PROGRAMS**

Programs are ongoing with times being structured around various children's activities. Please contact Ram directly for times and costs.

## **ADULT PLAY PROGRAMS**

**Tuesday and Thursday 10:00am - Noon**

This is an ideal way to meet new people and enjoy the sport on rainy days or just get some exercise. There is a level for everyone to enjoy during this time of year.

## **Junior High Performance Camp**

July 6th-10th

July 13th-17th

10am-4pm

**Cost:** \$289.00 /week

This program has been a tremendous success for the Club with guest coaches from around the world as well as out of club and province participants. Ideal if you are up for a challenge.

*This camp will feature guest coaches and international level players.*

# FITNESS

THE VLTBC FITNESS CENTRE 

---



Your Fitness  
Coordinator  
Heather Nivison  
604-731-2191  
ext.116

## YOUR FITNESS PROGRAM

It's never too late to start a fitness routine and the Club has experienced and qualified staff available on a daily basis to help you on your way. Whether you enjoy the motivating group setting of classes or prefer an individualized workout in the weight room, the Club has a wide variety of fitness programs to choose from. Become familiar with the gym equipment by scheduling a complimentary weight room orientation and receive a free drop-in pass for a fitness, Yoga or Pilates class of your choice. Work with a personal trainer for accountability and motivation and get a fitness program that's tailored to your goals, lifestyle, and schedule. Whatever your needs may be, the Van Lawn fitness team will get you started on the right track. Contact the Fitness Coordinator and start developing a fitness plan that will work for you! Don't forget to stay in the fitness loop by signing up for our free e-newsletter. Once a month you'll receive information on new programs, exercise tips, recipes, and more! Email [fitness@vanlawn.com](mailto:fitness@vanlawn.com) to sign up.

## GROUP FITNESS CLASSES

### FITNESS CLASS SCHEDULE

*\*Note: No classes on statutory holidays*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:10-9:10am Gentle Low Impact		8:10-9:10am Gentle Low Impact		8:10-9:10am Gentle Low Impact	
9:15-10:15am Cardio Cross Training		9:15-10:15am Body Sculpt		9:15-10:15am Step & Sculpt	

THE VLTBC FITNESS CENTRE 

---

## CLASS DESCRIPTIONS

**Gentle Low Impact:** A fun, low impact class including an extended warm up, cardiovascular conditioning and resistance training followed by a relaxing stretch. This class is perfect as a starter class or for an easier workout day.

**Step & Sculpt:** Alternating segments of step aerobics and strength training, this class will keep your heart pumping for greater caloric expenditure. Finish with moves to strengthen your core and a relaxing full body stretch.

**Cardio Cross Training:** The perfect way to start the week, this class incorporates a variety of cardio training to keep your heart pumping. Finish with a full body stretch.

**Body Sculpt:** A total body strengthening class that utilizes free weights, steps, tubing, stability and medicine balls, to help tone muscle and increase strength.

### **Fitness Fees**

\$37.00/month unlimited fitness classes

Drop-in rate: \$10.00/fitness class

## **YOGA & PILATES CLASSES**



Refresh, relax, and rejuvenate with a Yoga or Pilates class that will improve core strength, posture, and flexibility.

### **YOGA**

**Hatha Yoga:** Achieve balance, strength, and peace of mind with this slower paced class involving prolonged holding of poses. Focus on proper body alignment and relaxation. This is a great class for those new to Yoga.

**Hatha Flow:** This class combines traditional yoga postures in a flowing sequence of movements that will improve posture, body alignment, core strength, and muscular endurance.

### **PILATES**

**Pilates:** Build strength, flexibility, and body awareness using the basic principles of Pilates mat work. This progressive class provides a full body workout, emphasizing the use of core muscles.

#### **Yoga/Pilates Fees:**

\$57.00/month – unlimited Yoga/Pilates classes\*

\$70.00/month Combination Membership – unlimited monthly fitness, yoga, and Pilates classes\*

\* This does NOT include specialty classes highlighted in grey.

Drop in rate: \$18.00/class

*Pre-registration is mandatory. These classes are NOT included in any of the monthly fitness or Yoga packages and require a minimum of 5 participants to run the class. Additional fees apply.*

### **Create Your Own Class!**

The fitness staff at Van Lawn is committed to helping you achieve a healthy and happy lifestyle so if you don't see a class that suits your schedule or needs, now you can create your own! Round up a minimum of 5 participants for a class format of your choice (fitness, yoga, Spinning, etc) and the Fitness Coordinator will work with you to find a suitable time and instructor. Classes run in 4-8 week sessions and require pre-registration.

### **Spinning\***

A fun and challenging indoor cycling class using specially designed bikes. The instructor will guide you through various drills that simulate an outdoor bike ride. Motivating music will keep you pedaling into the best shape of your life! Space is limited and classes fill quickly!

**Registration Fees:** \$95.00/8 week session.

### **Class Times& Dates:**

Tuesdays 12:00-1:00pm: July 7th – August 25th, 2009

Thursdays 12:00-1:00pm: July 2nd – August 20th, 2009

Thursdays 6:00-7:00pm: July 2nd – August 20th, 2009

### **Learn to Spin\***

If you have always wanted to try a spin class but have been too intimidated by the fast pace and more experienced participants than this class is for you! In just 6 weeks, the instructor will teach you proper bike set up, proper pacing techniques, and a variety of drills used to make up the class.

**Registration Fees:** \$75.00/6 week session.

### **Class Time& Dates:**

Thursdays 11:00-11:45am: June 4th – July 9th, 2009 & July 16th – August 20th, 2009

### **Pilates For Men\***

Especially helpful for recreational sport activities and everyday movement, this class aims to increase flexibility and improve core strength and posture.

**Registration Fees:** \$100.00/8 week session

### **Class Times & Dates:**

Fridays 7:00-8:00am: June 5th – July 24th, 2009

### **Restorative Yoga\***

Join Barbara Crompton for this relaxing and rejuvenating class. Suitable for all fitness levels, this class will help you perform daily tasks with greater ease. Can't touch your toes? Suffering from back or neck pain? Gentle and safe yoga postures are used to stretch tight muscles, increasing flexibility and range of motion.

**Registration Fees:** \$120.00/8 week session & \$75.00/5 week session.

### **Class Times & Dates:**

Tuesdays 8:05-9:05am: June 2nd – July 21st, 2009 & July 28th – August 25th, 2009

## **YOGA, PILATES, & SPECIALTY CLASS SCHEDULE**

*\*Note: No classes on statutory holidays*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	7:00-8:00am Hatha Yoga		7:00-8:00am Hatha Yoga	7:00-8:00am Pilates for Men*	
	8:05-9:05am Restorative Yoga*				
	9:15-10:30am Hatha Yoga		9:15-10:30am Hatha Yoga		
10:45- 11:45am Pilates		10:45- 11:45am Pilates	11:00- 11:45am Learn to Spin*	10:30- 11:30am Hatha Yoga	9:00- 10:15am Hatha Flow
	12:00-1:00pm Spinning*		12:00-1:00pm Spinning*		
	6:00-7:00pm Pilates		6:00-7:00pm Spinning*		

**\*Specialty Class. Pre-registration is mandatory. Additional fees apply**

## PILATES & YOGA ONE-ON-ONE TRAINING

---

If you are new to Yoga or Pilates, private lessons are a great way to learn the basics. One of our highly qualified and experienced instructors will design a program according to your individual needs & give you the skills required to successfully integrate into a group class. All sessions are one hour in length and billed on a pay- as- you- go basis.

### **Registration Fee for Pilates & Yoga One-on-One Training:**

**Singles:** \$70.00 per session

**Semi-Privates (2 people)** \$45.00/person/session

## THE VLTBC PERSONAL TRAINING TEAM

---

Enlist in the help of a highly qualified and experienced personal trainer and jump start your fitness routine. A trainer will provide you with the guidance, motivation and encouragement you need to safely and successfully begin or stick with a fitness program. You will receive a program card that clearly outlines your workout plan so that you can eventually workout on your own. Whether you are recovering from an injury, new to fitness, or looking to change up your current routine, a Van Lawn trainer will help you down the road to fitness success!

*Please note: Trainer availability will vary. Contact the Fitness Coordinator to arrange your sessions.*

### **PERSONAL TRAINING FEES**

One hour pay-as-you-go: \$60.00

½ Hour pay-as-you-go: \$35.00

10 ½ Hour Sessions: \$300.00 (expires 3 months after start date)

### **Pre-Pay Package Promotions**

5 Sessions: \$275.00 (expires 3 months after start date)

10 Sessions: \$530.00 (expires 6 months after start date)

20 Sessions: \$1000.00 (expires 9 months after start date)

50 Sessions: \$2150.00 – payable in 4 payments (expires 1 year after start date)

### **Partner Training**

\$40.00/person/hour

10 Sessions: \$350.00 per person (expires 6 months after start date)

# SWIMMING



Programs Manager: **Erin Wilkins**

Please register for all swimming programs at the Sport Shop 604-731-9411.

**Set 1: July 6th -17th**

**Set 2: July 20th –July 31st**

**Set 3: August 4th -14th** (No class August 3rd BC Day)

**Set 4: August 17th -28th**

## **Red Cross Swim Kids program**

The Swim Kids program consists of a Preschool Program for children 4 months to 5 years of age as well as a Swim Program for children 6 years of age and older.

## **Red Cross Swim Preschool Program**

In this program kids progress through the Parent & Tot levels based on participation and age. Preschoolers aged 3-5 move through the levels based on skill evaluation. These classes are generally smaller than the Swim Kids classes and are specifically taught for preschoolers

Fees: \$100.00 per 2 week set

## **Red Cross Swim Kids Program**

The Red Cross Swim Kids program has 10 levels. This program uses continuous evaluation for swimmers to progress through the levels.

Fees: \$100.00 per 2 week set

## What Preschool or Swim Kids level should I register my child for? Can they do the following...?

<b>Participant Requirements</b>	<b>Level</b>
6 months-3 years of age; able to hold their head up; <b>parental participation is required.</b>	<b>Parent and Tot</b>
<b>Red Cross Swim Preschool-Ages 3-5</b>	
3 years of age or older and just starting out.	<b>Preschool 1– Sea Turtle</b>
3-5 years and can comfortably move and float with assistance and put their face in the water.	<b>Preschool 2– Salamander</b>
Can enter shallow water safely; float and glide on their front and back without assistance; move around in a PFD and perform rhythmic breathing 3 times.	<b>Preschool 3– Sunfish</b>
Can jump into chest deep water, do front and back floats and recover in deep water, do surface support for 5 seconds and swim on front for 2 metres.	<b>Preschool 4– Crocodile</b>
Can float/move in deep water with assistance; breathe rhythmically 10 times; flutter kick while gliding on front, back and side; do surface support for 10 seconds and swim 5 metres continuously.	<b>Preschool 5– Whale</b>
<b>Red Cross Swim-Ages 6+</b>	
Can enter shallow water safely; float and glide on their front and back without assistance; move around in a PFD, perform rhythmic breathing 3 times.	<b>Red Cross Kids Level 1</b>
Can float/move in deep water with assistance; breathe rhythmically 10 times; flutter kick while gliding on front, back and side; do surface support for 10 seconds and swim 5 metres continuously.	<b>Red Cross Kids Level 2</b>
Are comfortable in deep water; can breathe rhythmically 15 times; do front crawl at least 5 metres, arms recovering above water; swim 15 metres continuously.	<b>Red Cross Kids Level 3</b>
Can swim front crawl at least 10 metres while comfortably breathing to the side; swim 25 metres continuously.	<b>Red Cross Kids Level 4</b>

Can tread water (1:00); swim front crawl at least 15 metres; swim back crawl at least 15 metres, arms recovering above the water; swim 50 metres continuously.	<b>Red Cross Kids Level 5</b>
Can swim efficient front and back crawl at least 25 metres; perform the whip kick on the front and back at least 10 metres; swim 75 metres continuously.	<b>Red Cross Kids Level 6</b>
Can swim front crawl and back crawl at least 50 metres; swim coordinated elementary backstroke and breaststroke at least 15 metres; swim 150 metres continuously.	<b>Red Cross Kids Level 7</b>
Can swim front crawl and back crawl at least 75 metres; swim elementary backstroke and breaststroke at least 25 metres; swim 200 metres continuously.	<b>Red Cross Kids Level 8</b>
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke at least 50 metres; swim coordinated sidestroke at least 15 metres; perform dolphin kick at least 10 metres; swim 300 metres continuously.	<b>Red Cross Kids Level 9</b>
Can swim front crawl and back crawl at least 100 metres; swim elementary backstroke and breaststroke at least 50 metres; swim 400 metres continuously.	<b>Red Cross Kids Level 10</b>

## PRIVATE AND SEMI-PRIVATE LESSONS



In addition to offering the new Red Cross Swim Program through group lessons, Van Lawn also offers private and semi-private lessons.

### **Fees:**

Privates	\$180.00 for the 2 week set (\$18.00/ ½ hour)
Semi-Privates	\$120.00/participant for the 2 week set (\$12.00/ ½ hour/participant)

## ADULT PROGRAMS



### **Adult Private and Semi-Private Lessons**

Adult lessons are catered to the individual's level.

<b>Fees:</b>	\$20.00/ ½ hour
--------------	-----------------

## Master Swim Club – Adults only!

If you are seeking an aquatic workout that includes stroke improvement and training tips from a certified coach, this is the program for you.

**Dates:** Tuesdays 6:30-7:30am

**Fees:** \$45.00/month  
\$15.00 drop-in

## Adult Aqua Aerobics

For those who are looking for a low impact energetic work out in the water come and join our aqua Aerobics class. Great for toning your muscles and strengthening your abdominals!

Tuesdays and Thursdays: 8:00-9:00am

**Dates:** July 7th – August 27th

**Fees:** \$192.00

## LIFESAVING PROGRAMS



### Bronze Star

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, candidates develop problem-solving and decision-making skills as individuals and in partners. They learn self-rescue techniques, in-water searches, CPR, water rescue skills and first aid. Candidates also develop stroke endurance and lifesaving fitness skills. Bronze Star includes the CPR-A certification.

**Prerequisite:** 10-13 years of age or Swim Kids 10

**Dates:** July 6-17th Monday to Friday

**Time:** 9:00-10:00am

**Fees:** \$200.00\*

### Bronze Medallion

Bronze Medallion teaches an understanding of the lifesaving principles embodied in the four components of water rescue education - judgment, knowledge, skill and fitness. Rescuers learn self-rescue techniques, defense and release methods, and tows and carries in preparation for challenging rescues involving conscious and unconscious victims of various types, including spinal injuries and circulatory emergencies. Lifesavers develop stroke efficiency and endurance in a timed swim. Bronze Medallion includes the CPR-B certification.

**Prerequisite:** Recommended Bronze Star

**Dates:** July 20-31 Monday, Tuesday, Thursday, Friday

**Time:** 1:30-4:30pm

**Fees:** \$240.00\*

### Bronze Cross

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safety supervision in aquatic facilities. Candidates develop proficiency at performing patient assessments,

managing aquatic spinal injuries, and preventing the loss of life in a variety of aquatic emergencies, while developing stroke endurance and fitness training skills. Bronze Cross includes the CPR-C certification and is one of the pre-requisite awards for all advanced Lifeguarding and Leadership training programs.

**Prerequisite:** Bronze Medallion  
**Dates:** July 6th-17th Monday, Tuesday, Thursday, Friday  
**Time:** 1:30-4:30pm  
**Fees:** \$240.00\*

*Bronze programs will be scheduled based on demand.*

***Minimum 6 participants required.***

*\*All Bronze programs require the “Canadian Lifesaving Manual”. Participants will be billed an additional \$30.00 if they do not already have the manual.*

**For more information regarding the new Red Cross Swim Program or any other Aquatic programs, please contact Erin Wilkins, Programs Manager at 604 731 2191 or [ewilkins@vanlawn.com](mailto:ewilkins@vanlawn.com).**

## SYNCHRO CAMP

Come and join us for a week of Synchro fun. Participants will learn synchronized swimming skills while choreographing a grand finale routine on the Friday!

Synchro Camp is for kids aged 6 and up.

**Camp:** August 17th -21st  
**Time:** 1:30-3:00  
**Fees:** \$100.00

**Lesson Table (for each 2 week set)**

Monday to Friday		
9:00-9:30	Swim Kids 8-10	Private
9:30-10:00	Swim Kids 6/7	Private
10:00-10:30	Swim Kids 4/5	Private
10:30-11:00	Swim Kids 2/3	Private
11:00-11:30	Pre-School 4/5	Private
11:30-12:00	Pre-School 2/3	Private
12:00-12:30	Pre-School 1	Private

**\* Class times will be subject to change based on Member demand**

# SQUASH

**Head Professional:** Melanie Jans  
 4 time National Champion; '98, '00, '01, '05  
 Enrolled in NCCP Coaching Level IV



**Assistant Professional:** Sarfaraz (Suf) Ahmed  
 Top 11 in Canada; U19  
 Jr. BC Closed Champion, 2009  
 NCCP Level 1 Coaching

For all programs, please sign up with Melanie

## ADULT PROGRAMS



**Tuesday Night House League**  
 6:15 – 7:45 pm every Tuesday night  
 6 weeks beginning May 12th

**Pre-Pre-Season Shake Up: August 17th – 28th**  
 We're starting early this year! Designed to prepare players for the squash season, these drill and fitness sessions are just what is needed.  
 \$18.00 per hour

	Monday August 17th	Tuesday August 18th	Wednesday August 19th	Thursday August 20th
5:30		Women's Div. 5		Open Div. 8
6:30	Open Div. 5 & Open Div. 7	Women's Div. 7	Open Div. 5 & Open Div. 7	Women's Div. 1
7:30	Open Div. 1 & Open Div. 2	Open Div. 8	Open Div. 1 & Open Div. 2	Women's Div. 7
8:30		Women's Div. 1		Women's Div. 5
	Monday August 24th	Tuesday August 25th	Wednesday August 26th	Thursday August 27th
5:30		Women's Div. 1		Women's Div. 5
6:30	Open Div. 1 & Open Div. 2	Women's Div. 5	Open Div. 5 & Open Div. 6	Women's Div. 7
7:30	Open Div. 5 & Open Div. 6	Women's Div. 7	Women's Div. 1	Open Div. 1
8:30		Open Div. 8		Women's Div. 5

## Online Squash Ladder

Since the spring of '09, we've had an Online Squash Ladder where players can arrange matches and enter scores. The results will count towards your Squash BC provincial ranking.

- \* The system will take into account games won or lost, not just the match result. For example, if Joe is ranked 10 spots ahead of Tom and wins 3-1, Tom would get points for winning a game and move up slightly in the rankings.
- \* Also, a computer has been installed by courts 1 and 2 which will allow you to enter your ladder results and book courts to arrange more ladder games.

**Fee:** free

Please see Melanie to get a password.

## JUNIOR SQUASH



---

Sunday Junior Drop in: 4:45 – 5:30 pm

All juniors are welcome to pop in for rallies and games. Please contact Melanie before you drop in to ensure you have some playing partners.

## PRIVATE COACHING



---

Melanie and Suf are available for lessons throughout the summer.

*Private and Semi-Private Lessons:*

**Melanie:**

One Private: \$45.00

One Semi-Private: \$25.00 each

**Suf:**

One Private: \$35.00

One Semi-Private: \$20.00



# 2009 SUMMER TENNIS PROGRAMS

**Tennis Director &  
Head Professional:**

Russ Hartley

**High Performance  
Professional:**

Henry Choi

**Club Professionals:**

Marcus Andersson, Randy Kirk, Gary Winter,  
Sean Hartley, Akiva Lacterman

All of our club professionals are Tennis Canada certified coaches and members in good standing of the Tennis Professionals Association of Canada

## SUMMER TOURNAMENT SCHEDULE



**July 6th to 10th**

ITFU18 World Ranking Tournament

**July 10th & 11th**

Men's & Ladies Calcutta

**August 5th to 9th**

Legacy Clay Court Challenge

### Summer Mixed Drop-in Play

These drop-ins run for about 2 hours and are a great way to get out and hit a ball without any hassle. We would like to invite anyone who wants to just pick up a game, to come down and play. They are for all levels, novice to the best players in our club.

Russ will be present and will set up on the grass in the inner courtyard to help arrange and rotate matches that will be fun and challenging. A sign in sheet will be available ½ hour prior to each drop-in, the first 24 players to sign up, play.

**So if would like to meet some new people to play with, or just pick up a game, come down and join in.**

**Co-ordinator: Russ Hartley**

**Wednesdays 10:00 a.m. to 12 noon**

**Weather Dependent**

**Fee: no charge**

**4 Courts, 9 to 12**

**Max.: 24**

**July 15th, July 29th, August 12th, & August 26th**



**Private and Semi-Private coaching is available by contacting Russ, Henry, Marcus, Randy, Gary, Akiva, or Sean (731-2191).**

**Time slots are available on a weekly basis or upon request.**

**Coaching Fees**

**Tennis Director & Head Professional – Russ Hartley  
High Performance Professional – Henry Choi**

Single Private	\$40.00 1/2 hr	\$70.00 1 hr	\$105.00 1.5 hrs
Semi Private	2 people	\$40.00 each, 1 hr	\$60.00 each, 1.5 hrs
Semi Private	3 people	\$30.00 each, 1 hr	\$45.00 each, 1.5 hrs
Semi Private	4 people	\$24.00 each, 1 hr	\$36.00 each, 1.5 hrs

**Club Professionals – Marcus Andersson, Randy Kirk  
Gary Winter, Akiva Lachterman**

Single Private	\$35 1/2 hr	\$60.00 1 hr	\$90.00 1.5 hrs
Semi Private	2 people	\$35.00 each, 1 hr	\$50.00 each, 1.5 hrs
Semi Private	3 people	\$24.00 each, 1 hr	\$36.00 each, 1.5 hrs
Semi Private	4 people	\$20.00 each, 1 hr	\$30.00 each, 1.5 hrs

**Club Professional – Sean Hartley**

Single Private	\$24.00 1/2 hr	\$46.00 1 hr	\$70.00 1.5 hrs
Semi Private	2 Juniors	\$24.00 each, 1 hr	\$36.00 each, 1.5 hrs
Semi Private	3 Juniors	\$16.00 each, 1 hr	\$24.00 each, 1.5 hrs
Semi Private	4 Juniors	\$12.00 each, 1 hr	\$18.00 each, 1.5 hrs

***24 Hours notice of cancellation or fees will apply***



## Adult “HELLWEEKS”

This is a great program designed for our Adults which we are running again this summer. These Adult “HELLWEEK” camps are five day training sessions. Each lesson is 1 1/2 hours in duration over 5 consecutive days. There is a maximum of 4 players per group, with a minimum of 3 per group.

If you have a group of four, and the set schedule doesn’t work for you, you may also set up your own “Customized Hellweek!” Just contact Russ with your requested dates and times and he’ll go to work on making it happen for you.

<b>Time slots:</b>	<b>CAMP #1</b>	<b>9:00 a.m.</b>	<b>to</b>	<b>10:30 a.m.</b>
	<b>CAMP #2</b>	<b>10:30 a.m.</b>	<b>to</b>	<b>12:00 noon</b>
	<b>CAMP #3</b>	<b>12:00 noon</b>	<b>to</b>	<b>1:30 p.m.</b>
	<b>CAMP #4</b>	<b>1:30 p.m.</b>	<b>to</b>	<b>3:00 p.m.</b>
	<b>CAMP #5</b>	<b>5:00 p.m.</b>	<b>to</b>	<b>6:30 p.m.</b>
	<b>CAMP #6</b>	<b>6:30 p.m.</b>	<b>to</b>	<b>8:00 p.m.</b>

When you register, please indicate your level of play and whether you would like to focus on SINGLES or DOUBLES as your lesson focus!

**“HELLWEEK” Camp fee: \$169**  
**Registration will be taken at the Sport Shop (731-9411)**

## “Adult Hellweek” Schedule

**HELLWEEK #1** July 6th to 10th

**HELLWEEK #2** July 20th to 24th

**HELLWEEK #3** August 4th to 7th (4 days, no Monday due to holiday, fee pro-rated)

**HELLWEEK #4** August 17th to 21st

*Registration for all programs will be taken at the Sport Shop 731-9411.*



## Junior Recreational Tennis Camps “Kids Camps”

This program is a great way to keep your kids busy this summer and provide them with a fun, recreational activity. The “Tennis Kids Camp” is an all tennis program for Juniors between 6 and 12 years of age. It will provide them with fun recreational instruction and play throughout the day.

**Morning Camp**      10:00 a.m. to 12:00 noon      Camp Fees: \$150/week

**Afternoon Camp**      1:00 p.m. to 3:00 p.m.      Camp Fees: \$150/week

## “Tiny Tots”

This is for future champions aged **4 and 5**. The purpose of the program is to give your child a fun and enjoyable introduction to a difficult game. We will be using special “**half court tennis equipment**” to help make this a great experience for our future champions.

Each lesson is **45 minutes** in length from **9:15 a.m. to 10:00 a.m.** every day for one week. If the **first** class is full, a **second** group will be formed at the same time. Once your child has completed some of these clinics they may join a regular once-per-week Tiny Tots group in September.

**9:15 a.m. to 10:00 a.m.**      **Lesson Fee: \$55.00**

## “Tiny Tot” & “Kids Camp” Schedules

**CAMP #1**    July 13th to 17th

**CAMP #2**    July 27th to 31st

**CAMP #3**    August 10th to 14th

**CAMP #4**    August 24th to 28th

*Registration for all programs will be taken at the Sport Shop 731-9411.*

# Junior Tennis

## “Competitive Training Camps”

### Mornings 10:00a.m. to 12:00noon

These Camps are designed for our **competitive players, ages 8 to 18** years who have been, or wish to be, in the “**Challenger Stream**” or the “**High Performance Stream**”. This program runs from **10:00 a.m. to 12 Noon**, Monday to Friday.

The emphasis behind each camps is “Skill Development”. Instruction will be focused on drills to improve technical and tactical skills. Later in each session the emphasis will move to implementation of these skills into point play, while in addition, focusing on improving mental and competitive skills.

**Camp Fee: \$150 (10 hours)**

### **Junior Competitive Training Camp Schedule**

**CAMP #1** July 6th to 10th

**CAMP #2** July 13th to 17th

**CAMP #3** July 20th to 24th

**CAMP #4** July 27th to 31st

**CAMP #5** August 4th to 7th (4 days, no Monday due to holiday, fee pro-rated)

**CAMP #6** August 10th to 14th

**CAMP #7** August 17th to 21st

**CAMP #8** August 24th to 28th

*Registration for all programs will be taken at the Sport Shop 731-9411.*

# Junior Tennis “Stay and Play” Afternoons 1:00 to 3:00 p.m.

## Junior “Stay and Play” Schedule

**CAMP #1** July 6th to 10th

**CAMP #2** July 13th to 17th

**CAMP #3** July 20th to 24th

**CAMP #4** July 27th to 31st

**CAMP #5** August 4th to 7th (4 days, no Monday due to holiday, fee pro-rated)

**CAMP #6** August 10th to 14th

**CAMP #7** August 17th to 21st

**CAMP #8** August 24th to 28th

*Sign up in the Sport Shop  
Novice to Advanced levels*

*Minimum 8 players  
Roof Top Courts*

*Ages 8 to 18  
Weather Dependant*

**CAMP FEE:**     **\$59.00 week, Monday to Friday (10 hours)**  
                          **\$20.00 daily drop in (2 hours)**

Throughout the summer months we would like our Juniors to keep on playing, practicing and competing on a regular basis. This program does not involve any instruction, but will provide a low cost, well structured way for our future champions to play on a regular basis, and continue to develop their skills, throughout the summer months.

One of our Pro’s will be present to set up matches and organize play. The Pro will use a variation of formats like; team tennis, round robins, compass events, and progressive ladder play to give lots of variety and keep the play fun and interesting.

The Pro will also use variations in the scoring system, equipment and modifications to the rules of play to keep matches balanced and competitive.

This will be a great way to keep our champions of the future playing quality practice matches through out the summer, be sure to sign up!

***Registration for all programs will be taken at the Sports Shop 731-9411.***

**Programs Manager: Erin Wilkins**

## **Child Minding**

Sign up at the front desk for childminding Monday- Friday 8.45am-2:00pm

**Drop-in Fees:** \$8.00/ hour \$5.00/ half hour.

## **Multi Sport Camp**

### **Camp Dates:**

**Set 1:** July 6th -10th (Monday- Friday)

**Set 2:** July 13th -17th

**Set 3:** July 20th -24th

**Set 4:** July 27th -31st

**Set 5:** August 4th -7th (Tuesday- Friday)

**Set 6:** August 10th -14th

**Set 7:** August 17th -21st (this week has the Synchro Camp option from 1:30-3:00 pm)

**Set 8:** August 24th - 28th

*(due to Badminton Hall closures, August camps will be Tennis & Squash only)*

These camps offer Children and Youth (5 years +) the opportunity to try all the sports VLTBC has to offer. Children will participate in swimming, crafts and games in the morning and in squash, tennis and badminton in the afternoon.

Registration will be for the full day (9:30 am to 4:00 pm), the morning only (9:30 am to 12:30) or the afternoon only (1:00 pm to 4:00 pm) sessions. A healthy lunch will be provided (during the supervised half hour lunch) for all full day participants.

<b>Cost:</b> Morning only	\$25.00/ day - includes snack (9:30 am to 12:30 pm)
Afternoon only	\$40.00/ day (1:00 pm to 4:00 pm)
Full Day	\$60.00/ day - includes snack and lunch (9:30 am to 4:00 pm)

If you are not registered for the full day camp and wish to join us for lunch there will be a \$10.00 charge for the lunch and the hour of supervision

### **Maximum registration is 24 kids**

Registration for Summer Multi- Sport will commence June 1st 2009 in the Sport Shop

# JUNIOR HOURS

(during designated public school holidays)

To help families plan, and keep track of their programs and activities we have created below a blank schedule for you to fill in with all that the Club has to offer. Cut this handy schedule out and stick it on your fridge for quick reference.

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
9:00 am							
9:30 am							
10:00 am							
10:30 am							
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm						Juniors not permitted	
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Juniors not permitted			Juniors not permitted			
7:00 pm							
8:00 pm							

The above schedule is in effect from June 26th–September 7th, 2009