

## 2012 TPA Day at the Rogers Cup

### Featuring Tennis in a Suite, Dinner & Cardio Tennis Seminar

**AUG 7 (TORONTO, ON) & AUG 9 (MONTREAL, QC)**

The Tennis Professionals Association (TPA) is proud to present two Cardio Tennis workshops that will be hosted in Toronto and Montreal in August. Cardio tennis is a fun group activity featuring drills to give players of all abilities a heart pumping workout! It is a high-energy group fitness program taught by a Teaching Professional and includes a warm-up, cardio workout, and cool-down phase. Each workshop will count as a full recertification opportunity and will be delivered by Michele Krause, National Cardio Tennis Program Manager, Speaker and Team Director.

\* All participants will also **receive 1 ticket to watch Rogers Cup** tennis action from a private suite during the **evening session** of the Rogers Cup, plus dinner! Entire day runs from 9am-10pm! \*

**Cost:** TPA Members: \$89\*                      **NON Members:** \$139\*                      \*includes light lunch & HST

**Location:** Veneto Tennis Club (Toronto, ON) & Tennis Ile-des-Soeurs (Montreal, QC)

#### Topics Include:

The Experience	The Package
<p><i>During Cardio Tennis training you will experience:</i></p> <ul style="list-style-type: none"><li>• A condensed version of a true Cardio Tennis class</li><li>• What it is like to be on the receiving end of the ball so that you know what the consumer is experiencing</li><li>• Training with a heart rate monitor</li><li>• Proper feeding techniques</li><li>• Hands on practice on delivering your own Cardio Tennis experience</li><li>• A variety of activities for warm-up, cardio, cool down and cardio blasts</li></ul>	<p><i>All participants will leave with the following:</i></p> <ul style="list-style-type: none"><li>• Marketing and media CD</li><li>• Cardio Tennis PowerMusic CD</li><li>• Cardio Tennis promotion loop DVD</li><li>• Workshop participant manual CD</li><li>• Cardio Tennis Drills DVD Vol. 1 &amp; 2</li><li>• Cardio Tennis product order form</li><li>• Certificate of Completion</li></ul>

#### To Register:

Please check off the workshop (below) that you will be attending and fill out the information below:

- Aug 7 – Veneto Tennis Club (7465 Kipling Avenue, **Woodbridge, ON**, L4L 1Y5) 9am – 4pm
- Aug 9 – Tennis Ile-des-Soeurs (300, chemin du Golf, **Iles-des-Soeurs, QC**, H3E 1A8) 9am - 4pm

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ TPA Member: Yes / No (Circle One)

Telephone: (Res.) \_\_\_\_\_ (Bus.) \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Exp: \_\_\_\_\_

Cheques can be made payable to: **Tennis Canada**

To register or for more information, please contact Ryan Borczon at 1-800-263-9039 x7952, [rborczon@tenniscanada.com](mailto:rborczon@tenniscanada.com) or mail to Tennis Canada, Attn: Ryan Borczon, 1 Shoreham Dr., Suite 100, Toronto ON, M3N 3A6. Fax: 416-665-6519

**Deadline to Register: Tuesday, July 31**