



2017 TPA Day at the Rogers Cup

Featuring Tennis in a Suite, Dinner & Cardio Tennis Seminar

MON AUG 7 (TORONTO, ON) & TUES AUG 8 (MONTREAL, QC)

The Tennis Professionals Association (TPA) is proud to present two Cardio Tennis Training Courses that will be hosted in Toronto and Montreal in August. Cardio tennis is a fun group activity featuring games and 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 proper progressive warm-up, cardio games and drills and cool-down phase. Each workshop will count as a full recertification opportunity and will be delivered by Scott Mitchell, Executive Director at Greater Midland Tennis Center. Be sure to bring your racquets, shoes and water, as Coaches will be expected to participate throughout the day. Participants will receive a certificate of completion.

* 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! *

Schedule, Location & Topics:

Fun and Improvement: Team Play and Competitive Games	
<p style="text-align: center;">Monday, Aug 7 (Toronto) 9:00am – 4:00pm Veneto Tennis Club 7465 Kipling Avenue, Toronto ON L4L 1Y5 *Please note: Lunch not provided*</p>	<p style="text-align: center;">Tuesday, Aug 8 (Montreal) 9:00am – 4:00pm Club Sportif Cote de Liesse 8305 chemin côte-de-liesse-, Montréal, QC H4T 1G5 *24 registrants maximum* *Please note: Lunch not provided*</p>
<p>The Experience</p> <p><i>During Cardio Tennis training you will experience:</i></p> <ul style="list-style-type: none"> A condensed version of a true Cardio Tennis class What it is like to be on the receiving end of the ball so that you know what the consumer is experiencing Training with a heart rate monitor and latest technology Proper feeding techniques Hands on practice on delivering your own Cardio Tennis experience A variety of activities for warm-up, games, cool down and cardio blasts 	
<p style="text-align: center;">Rogers Cup Tennis & Dinner 5pm-10pm Aviva Centre 1 Shoreham Drive, Toronto ON M3N 3A6</p>	<p style="text-align: center;">Coupe Rogers Tennis & Dinner 5pm-10pm Stade Uniprix 285 Rue Gary-Carter, Montreal QC H2R 2W1</p>

Cost & Registration Info:

*includes dinner & Rogers Cup ticket

Workshop Date	TPA Member Price	Non-Member Price	Click Below to Register
Toronto, Mon Aug 7	\$79 + HST*	\$139 + HST*	Register for Toronto Seminar
Montreal, Tues Aug 8	\$79 + HST*	\$139 + HST*	Register for Montreal Seminar

For more information please call 1-800-263-9039 x7944 or email tpa@tenniscanada.com

Deadline to Register: Wednesday August 2