

aceTENNIS SUMMER CAMPS

DISCIPLINE PRIDE COURAGE

2 LOCATIONS IN BURLINGTON; Cedar Springs Club and Burlington Tennis Club

U7 LITTLE ACES Intense training for experienced players age 6-7. Cedar Springs Club. Head Coach: Walker Lamarche

Players must be accepted into the camp by head coach Walker Lamarche. This camp for U7 players combines intense training with a fun and friendly environment. The camp includes tennis and fitness components based on Tennis Canada recommendation. **Weekly Fee:** \$199 + hst.

Time: 9:30 to 12:00pm

9:30am - 10:00am Warm-up, racquet skills
10:00am - 11:00am Tennis
11:00am - 11:15am Break
11:15am - 12:00pm High Performance Fitness



U9 –U11 HIGH PERFORMANCE CAMP High Intensity training for competitive players age 7-11. Cedar Springs Club. Head Coach: Kyrylo Tabunshchyk

This camp for U9 and U11 players combines intense training with a fun and friendly environment. The camp includes an hour of swimming daily. Players must be accepted into the camp by head coach Kyrylo Tabunshchyk. Lunch is included.

Weekly Fee: \$479 + hst
Full Summer Fee: \$2,699 + hst
A 25% discount on ACE Burlington tournament fees for July and August is given to all camp participants.
Camp fee includes one day trip to Rogers Cup (Toronto) in August.

Time: 9:00am to 4:00PM

9:00am - 9:30am Multisport
9:30am - 10:30am HP Fitness
10:30am - 12:00pm Tennis drills
12:00pm - 12:45pm Lunch
12:45pm - 2:00pm Swimming/stretching
2:00pm - 4:00pm Tennis drills/matches

U12-14 PROVINCIAL / NATIONAL LEVEL CAMP

Head Coach: Brandon Alguire / Cedar Springs Club.

This High Performance Training Camp is geared towards players participating at an U12 to U14 Provincial/National level. Players will be trained in tactical situations with an emphasis on fundamentals. Players must be accepted into the program by head coach Brandon Alguire.

Assistant Coach: Jay Barlow. **Cost:** \$3,199 + hst. for eight weeks. \$649 + hst. weekly

Time: 7:30am to 3:30pm

7:30am - 9:30am On Court Training
9:30am - 11:00am Fitness
11:00am - 12:00pm Lunch
12:00pm - 2:00pm Match Play
2:00pm - 3:30pm Regeneration & Swimming

U14-18 PROVINCIAL / NATIONAL LEVEL CAMP

Burlington Tennis Club

Head Coach: Mike Hall / Assistant Coaches: Victor Hoang and Doug Burke

This High Performance Training Camp is geared towards players participating at an under 14 to 18 Provincial/National level. Players will be trained in tactical situations with an emphasis on fundamentals. Players must be accepted into the program by head coach Mike Hall.

Cost: \$2,000 + hst. for 8 weeks or \$450 + hst. per week.

Time: 1:30pm to 4:30pm

1:30pm - 2:00pm Physical warm up
2:00pm - 4:00pm On court training
4:00pm - 4:30pm Cross training



AT BURLINGTON TENNIS CLUB

Head Coaches: Victor Hoang and Flavia Nagayama

Mini Tennis	9am -11am	For kids age 4-7 Beginners	\$110+hst Members: \$100+hst.
Smashing Aces	11:00am-1pm	For kids age 8-11 Beginners to Advanced	\$110+hst. Members: \$100+hst.
High School Tennis	430-6pm	For players ages 12-17	\$115+hst Members: \$105+hst.

ACE Tennis - Cedar Springs Club
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