

About the Instructor:

Janet Morrison



- ☀ **Certified Instructor, Tennis Canada**
- ☀ **Authorized Cardio Tennis Provider, Tennis Canada**

☀ **Almonte Tennis Club member and
Board Executive member: Youth Program Chair**

☀ **Previous clubs:**
Quaker Park Tennis Club, Peterborough
#1 Nautilus Fitness and Racquets, Peterborough
Deep River Yacht and Tennis Club
Petawawa Civitan Tennis Club

- ☀ **Tennis Instructor, Calabogie Peaks and Calabogie Lodge Resorts**

- ☀ **Honours Bachelor of Science Degree in Kinesiology
(the science of human movement)**

- ☀ **Volunteered and arranged for the Ontario Tennis Association to offer
a one-day introductory Tennis Pathways program at all
3 Almonte Elementary Schools, June, 2012**

- ☀ **Assists local elementary and secondary school
physical education teachers with tennis instruction and activities**
- ☀ **14 years experience as a Recreation Therapist, planning and running
community leisure partnerships and programs with children & teens**
- ☀ **Over 20 years of combined experience with children and adults in
the fields of recreation, health care and education**

Goal:

☀ **to introduce tennis as a recreation option for more kids and adults** ☀
enjoy and experience all the benefits of this great game:

- ▶ **fun, fitness, fresh air** ◀
- ▶ **strength, power, speed** ◀
- ▶ **agility, coordination** ◀
- ▶ **energy, endurance** ◀
- ▶ **focus, respect** ◀
- ▶ **social, affordable** ◀
- ▶ **fun for all ages and stages** ◀

Give it a try... Try it again... PLAYmor! TENNIS

playmortennis@yahoo.ca