



## **What is Cardio Tennis ?**

- ▶ **having fun, hitting lots of balls and burning lots of calories!**
  - ▶ **a workout to music that keeps you moving for an hour**
  - ▶ **tennis movement activities on court**
  - ▶ **real tennis situations**
  - ▶ **tennis-specific movements and training**
  - ▶ **you are playing tennis but the focus is on getting a good workout**
  - ▶ **a group program – meet people, have fun together!**
  - ▶ **no scoring**
  - ▶ **very little coaching**
  - ▶ **something new for current players**
  - ▶ **something fun to attract new players**
  - ▶ **non-tennis players welcome ! (members' spouses/friends)**
  - ▶ **low-compression balls are used - the ball travels slower so rallies are longer and safer – actually makes for a better workout!**
  - ▶ **by checking heart rates frequently, you aim to stay in your appropriate heart rate zone for 30-50 minutes**
  - ▶ **heart rate zones correspond to participant goals:**
    - \*improve aerobic fitness
    - \*lose weight
    - \*improve/maintain overall health
  - ▶ **did I mention MUSIC?!!!!**
- (we know from research and experience that people work harder and have more fun with music)**

## **Format:**

- **warm up (dynamic stretches, catching and movement exercises, light hitting)**
- **fun group drills**
- **game-based exercises (always activity at the side or back of the court using agility ladders, cones, medicine balls while you are on deck for your turn)**
- **cool down**



**Almonte Tennis Club -**  
**Cardio Tennis Program Information**

**Registration**

▶ If you think you'd like to sign up, please take a look at the attached information and registration forms and see if Cardio Tennis is for you.

▶ If it is, email Janet Morrison, Tennis Canada Certified Instructor and Authorized Cardio Tennis Provider, at

[playmortennis@yahoo.ca](mailto:playmortennis@yahoo.ca)

or call her pager at 613-760-2887 (and leave your # for a call back),

any time up to **24 hours prior to the class time.**

Running a class requires a minimum and maximum number of participants, so Cardio Tennis will run or be cancelled based on #s signed up 24 hours prior to class time.

▶ print off the attached HR Range Chart & bring it with you

▶ complete the following attached forms and email or bring them to the coach prior to the start of the first class you take part in

- PAR-Q & YOU form
- Informed Consent Form

**Physical Activity Readiness Questionnaire**

Players must complete a PAR-Q & YOU form prior to taking part in Cardio Tennis, to confirm that you are healthy and fit to participate. If a player answers 'yes' to any of the questions it is advisable that they get consent from their doctor before taking part in Cardio Tennis. The form is attached and must be completed and e-mailed or given to the coach prior to starting.



**Almonte Tennis Club -**  
**Cardio Tennis Program Information**

**AGES      16-60 for the pilot session, fall 2012**

Cardio Tennis can be made available for juniors and seniors.  
This will be evaluated for next season.

**NUMBER OF PLAYERS      6-8 per session, using one court**

**NON-MEMBERS WELCOME!**

Some introductory classes will be offered that are open to all community members. It's a great way to draw people into the sport and the club! This will be evaluated for next season.

**COST      There will be at least one free class this fall.**

If weather permits more classes this season, there will be a \$5-\$10 fee per class. Fees will be evaluated for next season.

**WHAT YOU NEED TO BRING (please arrive 5-10 minutes early)**

- Racquet (if you don't have one, you can borrow one)
- Proper footwear and tennis workout clothing
- WATER !!!!
- Heart Rate Monitors

Ideally all participants should wear heart rate monitors. If you have one be sure to wear it, but it is not essential. Heart rate checks will be conducted manually throughout the sessions. See the Cardio table, attached, and available at the program, which will provide a guide for you to establish your optimum work range (between 65%-85% maximum heart rate is suggested for optimum aerobic fitness; however, you can train in a different zone if you are participating for other reasons such as burning fat, maintaining general health or recovering from injury)