

SWIMMING LESSONS (6 mon +)



Contact **Swim 101** for more information on registration. 416-201-8726 OR email Rosemary at www.sleic.ca



TENNIS (5-16 YRS) offered this spring/summer

Novice/Intermediate lessons focus on technical fundamentals and stroke improvement with careful attention to footwork, pre-stretching, matchplay and on-court tennis etiquette. Above all, the tennis coaches will strive to make the sessions energetic, educational and exciting.

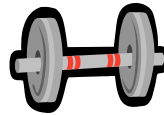
High Performance-Elite Tennis Academy (HPE):
Please inquire

Contact **Scott Douglas, Tennis Pro and Racquets Director**, at 905-275-0610 ext. 215

YOUNG ATHLETES (9-15YRS)

Starting this JUNE we are offering a new program designed specifically for high performance young athletes. Hockey, football, skiing, whatever your sport, bring your child/ren out for sports specific, results oriented training. Wayne, our trainer will focus on plyometrics and explosive, core oriented exercises.

\$210 \$200 (Members)-10 weeks
(based on 5 athletes/ class)



TEEN WEIGHT ROOM (12-16 YRS)

Strength training, aerobic fitness, and flexibility will be introduced using machines and free body exercises. Supervised by a personal trainer, each child will follow a program that is designed for them and is specific to their individual needs.

\$140 \$130 (Members) -10 weeks

Choose one night or all three classes

BOXING (9-15 YRS)

Get your teens in shape in this high impact boxing program! The fundamental techniques of boxing are introduced combined with plyometrics and calisthenics that are sure to condition the total body.

\$140 \$130 (Members) -10 weeks



For further inquiries or to register contact Junior Programs 905-275-0610 ext. 236 or mmcdonnell@fintessinstitute.com

www.fintessinstitute.com

REGISTER FOR MORE THAN 1 PROGRAM
AND SAVE 10% OFF THE 2ND PROGRAM

(does not include tennis, swimming, applicable per child per session only)

All prices applicable to GST



FITNESS
INSTITUTE*
MISSISSAUGA



Visit our website to find details about out exciting kids summer camp programs starting July 5th.

