

Intensive Training for Adults

**Tuesdays & Thursdays
6:00pm to 7:00pm**

Participants are run through physical drills designed to improve fitness, agility and skills.
Learn new techniques and match strategy and tactics.

Each session consists of ten classes: ONE hour of training and FOUR hours of court access where you can practice your new techniques or strategies within RA Centre's playmaker program.

Session 1: **September 26 to October 26, 2017**

Session 2: **November 7 to December 7, 2017**

Session 3: **January 16 to February 15, 2018**

Session 4: **February 20 to March 29, 2018**

Cost: \$125 / RA Badminton member / per session
\$225 / non-member / per session

Register at the RA Member Services Desk.
Questions contact Javier Montes at 613-612-5751.