Phone: 604-874-0242 Website: www.vrc.bc.ca

Intermediate and Advanced Morning Training

(Open to Adults and Juniors)

COACHES: Billy Cheung – Morgan Van Heukelom – Ming Yao – Duncan Yao

SCHEDULE:

| Session | Date | Club | Non |
|---------|-------------------------------------|--------|--------|
| | | Member | Member |
| 1 | Sept 2 – Oct 4, 2019 | \$270 | \$285 |
| 2 | Oct 7 – Nov 8, 2019 | \$270 | \$285 |
| 3 | Nov 11 – Dec 13, 2019 | \$270 | \$285 |
| 4 | Dec 16 – 20, 2019; Jan 6 – 31, 2020 | \$270 | \$285 |
| 5 | Feb 3 – March 6, 2020 | \$270 | \$285 |
| 6 | March 9 – Apr 10, 2020 | \$270 | \$285 |
| 7 | Apr 13 – May 15, 2020 | \$270 | \$285 |

^{[*} No refund after session starts *]

TIME: Monday/Wednesday/ Friday 6:30 am – 8:30 am

Cheques payable to Calvin Holoboff

(Cheques can be postdated to the first date of the sessions)

MANDATORY: Badminton racquet Skipping Rope (or speed rope)
Water bottle Stop Watch (may use a phone)

Clean indoor court shoes

| Name: | Mal | e / Female | Current VRC Member | er 🗌 |
|--|---|------------|--------------------|------|
| Contact Phone #: | Email: | | | |
| Consent For Juniors : | | | | |
| hold the VRC, its Directors, Coaches, an | the mother/father d members liable or responsible for any in the mother of the mother | | | |
| attending the VRC Summer Badminton (| Camps being hosted by the Club. | | | |
| attending the VRC Summer Badminton C Session 1 Sep-Oct 2019 Session 2 Oct-Nov 2019 | Session 4 Dec/19-Jan/20 Session 5 Feb-Mar 2020 | ☐ Sess | ion 7 Apr-May 2020 | |

^{[*} No rebate will be given for missed classes *]

^{[*}Minimum participants required*]