



Weekly Training Programs

SPRING 2018

The Soong Badminton Academy offers instructional badminton training programs for enhancing recreational play to developing competitive level athletes in a small group format. The leadership team includes experienced NCCP certified and trained coaches, who have been consistently recognized across the province for delivering excellence in badminton training.

SATURDAY & SUNDAY programs are two (2) hours each week, **FRIDAY night** programs are 1.5 hours each week - with each class including tailored instruction on technical skill and stroke development, court movement, and game tactics/strategy. Players will be grouped based on general age, and general playing level, as assessed by the coaching teams.

Train with your friends, while you develop your badminton game AND benefit from the experience of our NCCP coaching leadership team!

Day	Location	Dates: Six (6) week programs	Class Times
FRIDAY NEW for Spring	TURNBULL SCHOOL 1.5 hour sessions	May 11 May 25 June 1 June 8 June 15 June 22	6:30 – 8:00 – Children ages 6 – 14 Skill Development & Intermediate 8:00 – 9:30 – Youth ages 12+ and adults Skill Development & intermediate
SATURDAY	TURNBULL SCHOOL <i>(between Baseline & Carling)</i> 1132 Fisher Avenue Ottawa, Ontario, K1Z 6P7	April 14 April 21 April 28 – <i>no training – Provincial championships</i> May 5 May 12 May 19 – <i>no training – Victoria Day weekend</i> May 26 June 2	2:00 – 4:00 – FULL - Children ages 6-14 Skill Development & Intermediate 4:15 – 6:15 – FULL - Children ages 11-14 Competitive Development *6:30 – 8:30 – Youth ages 14+, and adults Competitive – <i>with advance approval of head coach</i>
SUNDAY	HUNT-CLUB RIVERSIDE-PARK COMMUNITY CENTRE <i>(just off McCarthy between Hunt Club & Walkley)</i> 3320 Paul Anka Drive Ottawa, Ontario, K1V 0J9	April 15 April 22 April 29 th – <i>no training – Provincial championships</i> May 6 May 13 May 20 – <i>no training – Victoria Day weekend</i> May 27 June 3	11:45 – 1:45 – Youth ages 12+ and adults intermediate & Competitive 2:00 – 4:00 – FULL All ages – children 6+, youth, and adults Skill Development & Intermediate

INVESTMENT

Program	Class Fee	HST	Total
Regular Training – FRIDAY nights (1.5 hour sessions)	\$ 140.00	\$ 18.20	\$ 158.20
Regular Training – SATURDAY & SUNDAY (2 hour sessions)	\$ 175.00	\$ 22.75	\$ 197.75
*Competitive (Turnbull Saturday 6:30)	\$ 195.00	\$ 23.35	\$ 220.35

REGISTRATION OPTIONS:

ELECTRONIC	VIA MAIL (cheques only – do not mail cash)	HAND DELIVER
<ul style="list-style-type: none"> Complete registration form and send via scan/email to: janet.hugli@gmail.com E-transfer payment to: janet.hugli@gmail.com 	Address to: Soong Badminton Academy P.O. BOX 52011 , RPO Rideau East 322 Rideau St, OTTAWA, Ontario K1N 5Y5	Registration forms & payment may be hand delivered to the head coach at any of our Winter 2018 training sites, during training times. <ul style="list-style-type: none"> Turnbull School: FRIDAYS from 6:00 – 9:00 pm or SATURDAYS from 2:00 – 8:30 Hunt Club: SUNDAYS from 11:45 – 4:00