

FREE 1ST SESSION WHEN YOU BRING A FRIEND



Ladies Powerhour

Increase the INTENSITY of your workouts and achieve optimum cardio performance to burn calories and accelerate your fitness level.

Mixed Powerhour

Bring a partner or friend or we can match you up and enjoy a fun heart pumping, powerhour workout. Suitable for all players and standards.

Junior Powerhour

A FUN WAY for children of all ages to get fit & healthy without the pressure of competition. No sporting skills required, no tennis equipment required. Just bring your runners and yourself and have a go!

Corporate Powerhour

HIT WORK on a high with an early morning Powerhour incl. continental breakfast or enjoy a rapid lunch time Powerhour to REVIVE YOUR DAY or release the tension after work with an intense Powerhour to BEAT THE STRESS.

OWN GROUP

Call to customise your own group booking.....
Great alternative to a coffee morning



TENNIS POWERHOUR

NO TENNIS EXPERIENCE NECESSARY!

NON-STOP ACTION

TOTAL BODY WORKOUT

A HIGH INTENSITY TOTAL BODY WORKOUT FOR 60 MINUTES

Junior & Adult Groups available.

Cardio Tennis is the total body workout that features on-court warm-ups, intensive cardio session and cool down. It's a fun group activity, featuring drills and games to give players of all abilities the ultimate high-energy workout.

"ASK A FRIEND" TO JOIN YOU IN A FREE COME & TRY SESSION
THEN CONTINUE YOUR JOURNEY TOGETHER
WITH SPECIAL PAIRS DEALS!!

(03) 9830 6618

\$15.00*

www.toptenn.com

PO Box 80, Burwood. 3125 Ph: 9830 6618

Email: tennis@toptenn.com

*conditions apply





POWERHOUR

Get a group together and customise your own time, day and venue!

Program Enrolment (scheduled times subject to change/please tick appropriate box/s)

Ladies Powerhour*	Mel Ref	Term	Casual	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Burwood Tennis Club (creche available)	60 G7	\$180	\$25	<input type="checkbox"/> 9am	<input type="checkbox"/> 11.30am	<input type="checkbox"/> 9am	<input type="checkbox"/> 12noon	<input type="checkbox"/> 11am	NA	NA	
Deepdene Tennis Club	46 A7	\$180	\$25	<input type="checkbox"/> 2pm	<input type="checkbox"/> 9am	<input type="checkbox"/> 9am	<input type="checkbox"/> 11am	<input type="checkbox"/> 2pm	NA	NA	
Bluebell Hill Tennis Club	46 K12	\$180	\$25	NA	<input type="checkbox"/> 9 & 10 am	NA	NA	<input type="checkbox"/> 11am	NA	NA	
North Kew Tennis Club	45 E2	\$180	\$25	<input type="checkbox"/> 9am	<input type="checkbox"/> 10am	<input type="checkbox"/> 11am	<input type="checkbox"/> 9am	NA	NA	NA	

Mixed Powerhour*	Mel Ref	Term	Casual	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Burwood Tennis Club (creche available)	60 G7	\$180	\$25	<input type="checkbox"/> 6.30pm	<input type="checkbox"/> 6.15pm	<input type="checkbox"/> 7pm	<input type="checkbox"/> 6.30pm	NA	NA	<input type="checkbox"/> 11:45am	
Deepdene Tennis Club	46 A7	\$180	\$25	<input type="checkbox"/> 6pm	NA	<input type="checkbox"/> 7pm	<input type="checkbox"/> 7pm	NA	NA	NA	
Aqualink - Box Hill	47 B12	\$180	\$25	NA	NA	NA	<input type="checkbox"/> 7pm	NA	NA	NA	

Junior Powerhour*	Time	Term	Casual	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Burwood Tennis Club (after school)	4.00-4.45pm	\$110	\$15	<input type="checkbox"/>	<input type="checkbox"/>	NA	<input type="checkbox"/>	NA	NA	NA	

Corporate Powerhour*	Time	Term	Casual	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Burwood Tennis Club HIT WORK (morning) including continental breakfast	7.30-8.30am	\$220	\$30	NA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	NA	NA	
Burwood Tennis Club REVIVE YOUR DAY (lunch time) includes snack	12.00-1.00pm	\$220	\$30	<input type="checkbox"/>	NA	<input type="checkbox"/>	<input type="checkbox"/>	NA	NA	NA	

* some times under construction so please wait for a verbal confirmation

Registration Conditions

Full payment must accompany registration form to secure enrolment prior to the commencement of the program. No cancellations/refunds after 1 week prior to commencement of any program. If you are unable to attend a particular class, please notify the office at the earliest opportunity and we will endeavour to organise a substitute player, coach or make up lesson. Program times and format may be subject to change depending upon enrolment and court availability.

I authorise Toptenn to obtain medical assistance for myself/child as they see fit and will meet all expenses thereof. Please indicate any specific medical conditions staff should be aware of:

I acknowledge that I will not hold Toptenn or affiliates liable for any loss or injury which may be sustained during the program. As an option, Tennis Victoria Membership Forms are available from reception and include personal accident insurance (PAI).

I authorise Toptenn to use images of the participant of the program for promotional purposes only, i.e. promotional flyers, website.

Student Registration

First Name: Last Name: DOB: / /

Tel (H): Tel (M):

Address: Suburb: Postcode:

Email:

CHEQUE: I enclose cheque for: \$ Signature:

CREDIT CARD: I authorise payment of: \$ + \$1.50 Merchant Fee Credit Card Type: Mastercard Visa

CC Number: / / / / / / / Expiry Date: /

Please send registration form along with payment to: Toptenn Tennis Academy. PO Box 80. Burwood. 3125

OFFICE USE ONLY

Signature:

Date: