

RLTC Weekly News

July 8th, 2019

Thank you sponsors, we are ever grateful!

Marilyn Wilson Dream Properties, Conway Baxter Wilson, Foundation WCPD, Warren Camacho, Elmwood School & Ashbury College

IN THIS ISSUE

Evertrain Seminar, Tournament/BBQ, Music Night, Ladder, Tabs

EVERTRAIN SEMINAR

Want to improve your tennis game? Want to stay injury free on (and off) the court? Join Andre St.Amour and Julie Leblanc-St.Amour co-owners of Evertrain, a local personal training studio for people over 50 for a **FREE SEMINAR**. Receive tips on how to up your Tennis game by improving mobility, range of motion, and performance.

In order to move well, we must address tight areas and improve range of motion. Andre and Julie will discuss the importance of joint mobility for tennis, common tennis injuries and provide simple and effective ways that you can improve your mobility with tools that you already have.

The seminar will be taking place **Sunday, July 14th at 10:30AM**. Make sure to bring your tennis racket to the seminar. To reserve your spot: Call-613-749-5494 or Email us- info@rltennis.ca

TOURNAMENT/BBQ

Our Mens Doubles Tournament is progressing nicely with competitive matches being held everyday! As player times are often changing due to availability & weather conditions, we ask that you call our front desk for up to date match times.

Weather permitting, this Thursdays BBQ will coincide with the Mens Doubles Finals at 6PM. The meal plan will be announced with our sign up reminder Wednesday. Katie has promised to be careful when handling knives and plans to keep all fingers in tact for the remainder of the summer.

MUSIC NIGHT

Next Saturday, **July 20th at 7PM**, RLTC will be hosting a **Music Night!** The evening will feature performances from members and local musicians, headlined by the talented Winnie Julot. Those who saw her perform last year understand how excited we are to have her back.



Sweet Junction, Ben Kates & Mark Goldfield are also back this year. Later in the evening, surprise guests (who you may recognize from the club) will be performing. Don't miss out! For tickets, visit our home page and follow the links to register & pay- rltennis.ca

RLTC LADDER

Tonight at **8PM** is your last chance to sign up for our **competitive ladder**. To do so, call (613-749-5494) or reply to this email. The ladder will kick off this Friday and provides members an opportunity to challenge players in their range and compete for the top spot!

TABS

Please come in to settle your tab before **July 10th**. Those who fail to do so will have their tabs put on hold until payment is made. Thank you for your understanding.

OUR THANKS 🙏

Thank you Michelle Lejars who kindly volunteered to clean our cushions. They look brand new!

REGULAR PROGRAMS

Monday

- 10-11:30 AM- Round Robin
- 12-1 PM Tennis Topic of the Week with Miguel.
- 6-7 PM Tennis Topic of the Week with Miguel.

Wednesday

- 6-7:30 PM- Round Robin

Thursday

- 6-8 PM- Weekly BBQ

Friday

- 10-11:30 AM- Round Robin
- 12-1 PM- Cardio Tennis with Miguel

Saturday

-12:00-1:00- Cardio Tennis with Miguel

All the best,

Chris Hannant

Contact Us

Rockcliffe Lawn Tennis Club

465 Lansdowne Rd. N, Ottawa, Ontario

613-749-5494