

Canada Elite Badminton Advanced group lessons

Every Tuesday 8:30 – 11 pm

Program: Advanced / Competitors 高级班/选手班

Age: Adults & Youth 成人 & 青少年

This program is specially designed for high performance players from our head coach Ouyang. We will train you not only advanced badminton skills and strategies, but also use different drills and methods to train you badminton fitness, footwork and weights to enhance your games consistency. This class is result guaranteed; you will see the improvement shortly after joining this high performance program!!! 此班由俱乐部主教练欧阳专为选手特别设置。不仅训练学员们的羽毛球技术及比赛策略，还会通过各种不同的练习训练学员们的体能，步伐，力量及能力来提高比赛的稳定性。本班承诺每个学员都会短期见效，欢迎选手们踊跃报名。

Players Skills Requirements: High clear x 20, Drops x 15, Smash x 10, Drive x 15 and basic net skills. Footwork: drop/smash net, defense footwork. For competitors and high performance players. A tryout is required to join. 学员要求: 高球 X20, 吊球 X15, 杀球 X 10, 平抽球 X 15, 封网&防守 X 15, 基本网前球, 杀上往, 吊上网, 防守步伐。

Dates: **Tuesday 8:30 – 11 pm**, 13 lessons per season。每周二 8: 30-11 PM, 总共 13 节课。

Member Price 会员价: \$440.7 for 13 lessons (\$30 per 2.5 hours lesson), drop-in extra \$5。\$24 to join one year student membership.

Lesson Type 课程名	Age 年龄	Days/ Times 时间	Lesson Time 课时	# of Classes 课程数	Rate Per Class 价格 (M 会员价, NM 非会员价)	Total 总价 (M 会员价, NM 非会员价)	Drop-in Price
Advanced/Competitors 选手班	Adult & Youth 成人& 青少年	Tuesday 周二 8:30-11:00 pm	2.5 hours	13	M: \$30+HST, NM: \$32+HST	M: \$440.7, NM: \$470.08	add \$5